



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

GRAUEL, Martin

Club: Fahrdienst Gary
Number: 1043

Course: 5.00 km
5 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 32:40

Speed: 9.18 km/h
Running performance: 6:32 min/km

Rank in course/Total: 179 (of 232)

Rank in course/Men: 116 (of 136)

Best time in course: 18:55

Rank in category: 13(of 14)

Best time in the category: 23:40

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	0.50	3:01	6:01	11	1:11	111	1:28	0.50	3:01	6:01	11	1:11	111	1:28
Lap 2	4.00	26:35	6:38	12	7:22	115	11:04	4.50	29:36	6:34	13	8:19	116	12:32
Last lap Finish	0.50	3:04	6:08	12	1:00	117	1:14	5.00	32:40	6:31	13	9:00	116	13:45