



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

SCHÜTZ, Karsten

Club: B.L. Sharks
Number: 1004

Course: 5.00 km
5 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 31:59

Speed: 9.38 km/h
Running performance: 6:24 min/km

Rank in course/Total: 171 (of 232)

Rank in course/Men: 112 (of 136)

Best time in course: 18:55

Rank in category: 10(of 10)

Best time in the category: 23:08

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	2:33	5:05	3	0:26	58	1:00	0.50	2:33	5:05	3	0:26	58	1:00
Lap 2	4.00	26:27	6:36	10	8:00	113	10:56	4.50	29:00	6:26	10	8:00	112	11:56
Last lap Finish	0.50	2:59	5:58	10	0:51	115	1:09	5.00	31:59	6:23	10	8:51	112	13:04