



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

ZILLING, Michael

Club: Stadtwerke
Number: 1167

Course: 5.00 km
5 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 32:05

Speed: 9.35 km/h
Running performance: 6:25 min/km

Rank in course/Total: 173 (of 232)

Rank in course/Men: 113 (of 136)

Best time in course: 18:55

Rank in category: 12(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. | Stage score | | Total | | Total min/km | Pos Cat. | Behind Cat. | Total ranking | |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------|-------|-----------------|-------------|----------------|---------------|---------------|
| | | | | | | Pos Men | Behind Men | km | Time | | | | Pos Men | Behind Men |
| Lap 1 | 0.50 | 2:29 | 4:58 | 5 | 0:39 | 53 | 0:56 | 0.50 | 2:29 | 4:58 | 5 | 0:39 | 53 | 0:56 |
| Lap 2 | 4.00 | 26:39 | 6:39 | 13 | 7:26 | 116 | 11:08 | 4.50 | 29:08 | 6:28 | 12 | 7:51 | 115 | 12:04 |
| Last lap Finish | 0.50 | 2:57 | 5:54 | 11 | 0:53 | 114 | 1:07 | 5.00 | 32:05 | 6:25 | 12 | 8:25 | 113 | 13:10 |