



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	Intermediate times				Stage score				Total ranking					
	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	2:29	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