



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

KRIEGHOFF, Marcel

Club: VR Bank / Impuls Erfurt
Number: 117

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 41:37

Speed: 18.02 km/h
Running performance: 3:20 min/km

Rank in course/Total: 1 (of 267)

Rank in course/Men: 1 (of 196)

Best time in course: 41:37

Rank in category: 1(of 22)

Best time in the category: 41:37

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	1:29	2:58	1	-	1	-	0.50	1:29	2:58	1	-	1	-
Lap 2	9.00	27:48	3:05	1	-	1	-	9.50	29:17	3:04	1	-	1	-
Last lap Finish	3.00	12:20	4:06	1	-	1	-	12.50	41:37	3:19	1	-	1	-