



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

ZIMMERMANN, Patrick

Club: 70 Liter
Number: 1001

Course: 5.00 km
5 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 35:50

Speed: 8.37 km/h
Running performance: 7:10 min/km

Rank in course/Total: 211 (of 232)

Rank in course/Men: 127 (of 136)

Best time in course: 18:55

Rank in category: 14(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	3:17	6:33	14	1:27	133	1:44	0.50	3:17	6:33	14	1:27	133	1:44
Lap 2	4.00	29:15	7:18	14	10:02	124	13:44	4.50	32:32	7:13	14	11:15	128	15:28
Last lap Finish	0.50	3:18	6:35	14	1:14	126	1:28	5.00	35:50	7:10	14	12:10	127	16:55