



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

Liebe, Gert

Club: Laufliebe
Number: 1219

Course: 5.00 km
5 km - Lauf

Category:
Senioren M70 (70-74 Jahre)

Total time: 38:04

Speed: 7.88 km/h
Running performance: 7:37 min/km

Rank in course/Total: 225 (of 232)

Rank in course/Men: 130 (of 136)

Best time in course: 18:55

Rank in category: 2(of 2)

Best time in the category: 30:39

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	3:05	6:10	2	0:22	124	1:32	0.50	3:05	6:10	2	0:22	124	1:32
Lap 2	4.00	31:20	7:49	2	6:20	129	15:49	4.50	34:25	7:38	2	6:42	130	17:21
Last lap Finish	0.50	3:39	7:17	2	0:43	132	1:49	5.00	38:04	7:36	2	7:25	130	19:09