



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

Arrat, Khalil

Club: SV Empor
Number: 1239

Course: 5.00 km
5 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 38:07

Speed: 7.87 km/h
Running performance: 7:37 min/km

Rank in course/Total: 226 (of 232)

Rank in course/Men: 131 (of 136)

Best time in course: 18:55

Rank in category: 4(of 4)

Best time in the category: 24:32

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	0.50	2:39	5:17	2	0:48	75	1:06	0.50	2:39	5:17	2	0:48	75	1:06
Lap 2	4.00	31:39	7:54	4	11:20	131	16:08	4.50	34:18	7:37	4	12:08	129	17:14
Last lap Finish	0.50	3:49	7:38	4	1:27	135	1:59	5.00	38:07	7:37	4	13:35	131	19:12