



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

RUDOLPH, Sascha

Club: SV 1899 Mühlhausen
Number: 167

Course: 12.50 km
12,5 km -Lauf

Category:
männliche Jugend U20 (18-19 Jahre)

Total time: 45:17

Speed: 15.90 km/h
Running performance: 3:37 min/km

Rank in course/Total: 2 (of 267)

Rank in course/Men: 2 (of 196)

Best time in course: 41:37

Rank in category: 1(of 4)

Best time in the category: 45:17

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	1:32	3:04	1	-	2	0:03	0.50	1:32	3:04	1	-	2	0:03
Lap 2	9.00	30:00	3:20	1	-	2	2:12	9.50	31:32	3:19	1	-	2	2:15
Last lap Finish	3.00	13:45	4:34	1	-	3	1:25	12.50	45:17	3:37	1	-	2	3:40