



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

THURM, Ingo

Club: sc impuls Erfurt
Number: 150

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 45:54

Speed: 16.34 km/h
Running performance: 3:40 min/km

Rank in course/Total: 4 (of 267)

Rank in course/Men: 4 (of 196)

Best time in course: 41:37

Rank in category: 1(of 37)

Best time in the category: 45:54

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	1:33	3:06	1	-	4	0:04	0.50	1:33	3:06	1	-	4	0:04
Lap 2	9.00	30:37	3:24	1	-	4	2:49	9.50	32:10	3:23	1	-	4	2:53
Last lap Finish	3.00	13:44	4:34	1	-	2	1:24	12.50	45:54	3:40	1	-	4	4:17