



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

LEHNERT, Sven

Club: SLG Bad Langensalza
Number: 160

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 47:34

Speed: 15.14 km/h
Running performance: 3:49 min/km

Rank in course/Total: 6 (of 267)

Rank in course/Men: 6 (of 196)

Best time in course: 41:37

Rank in category: 2(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	0.50	1:35	3:09	2	0:02	7	0:06	0.50	1:35	3:09	2	0:02	7	0:06
Lap 2	9.00	31:37	3:30	2	1:00	6	3:49	9.50	33:12	3:29	2	1:02	6	3:55
Last lap Finish	3.00	14:22	4:47	2	0:38	7	2:02	12.50	47:34	3:48	2	1:40	6	5:57