



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

Bauer, Frank

Club: Salza Läufer
Number: 212

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 48:48

Speed: 14.75 km/h
Running performance: 3:54 min/km

Rank in course/Total: 9 (of 267)

Rank in course/Men: 9 (of 196)

Best time in course: 41:37

Rank in category: 1(of 30)

Best time in the category: 48:48

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	1:37	3:14	1	-	9	0:08	0.50	1:37	3:14	1	-	9	0:08
Lap 2	9.00	32:59	3:39	1	-	10	5:11	9.50	34:36	3:38	1	-	10	5:19
Last lap Finish	3.00	14:12	4:44	1	-	6	1:52	12.50	48:48	3:54	1	-	9	7:11