



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

HELLER, Maik

Club: Laufftreff Breitungen
Number: 103

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 48:36

Speed: 15.43 km/h
Running performance: 3:53 min/km

Rank in course/Total: 8 (of 267)

Rank in course/Men: 8 (of 196)

Best time in course: 41:37

Rank in category: 2(of 22)

Best time in the category: 48:19

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	1:39	3:17	2	0:05	10	0:10	0.50	1:39	3:17	2	0:05	10	0:10
Lap 2	9.00	32:35	3:37	2	0:18	8	4:47	9.50	34:14	3:36	2	0:23	8	4:57
Last lap Finish	3.00	14:22	4:47	1	-	7	2:02	12.50	48:36	3:53	2	0:17	8	6:59