



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

Keiling, Hendrik

Club: SC impuls Erfurt
Number: 262

Course: 12.50 km
12,5 km -Lauf

Category:
Männer (20-29 Jahre)

Total time: 51:13

Speed: 14.06 km/h
Running performance: 4:06 min/km

Rank in course/Total: 11 (of 267)

Rank in course/Men: 11 (of 196)

Best time in course: 41:37

Rank in category: 2(of 18)

Best time in the category: 48:58

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total		Pos	Behind	Pos		Behind
	km	Time			min/km	Cat.		Men	Men			km	Time	
Lap 1	0.50	1:35	3:09	1	-	7	0:06	0.50	1:35	3:09	1	-	7	0:06
Lap 2	9.00	33:50	3:45	2	1:02	11	6:02	9.50	35:25	3:43	2	0:55	11	6:08
Last lap Finish	3.00	15:48	5:15	2	1:20	14	3:28	12.50	51:13	4:05	2	2:15	11	9:36