



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

STEINWACHS, Bert

Club: Laufgruppe Treffurt
Number: 94

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 54:30
Speed: 13.21 km/h
Running performance: 4:22 min/km
Rank in course/Total: 20 (of 267)
Rank in course/Men: 20 (of 196)
Best time in course: 41:37
Rank in category: 3(of 17)
Best time in the category: 53:35

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	2:05	4:10	4	0:12	36	0:36	0.50	2:05	4:10	4	0:12	36	0:36
Lap 2	9.00	36:19	4:02	2	0:46	17	8:31	9.50	38:24	4:02	2	0:58	17	9:07
Last lap Finish	3.00	16:06	5:22	2	0:28	23	3:46	12.50	54:30	4:21	3	0:55	20	12:53