



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

HOFMANN, Mario

Club: Die flinken Gerataler
Number: 32

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 54:53

Speed: 13.12 km/h
Running performance: 4:23 min/km

Rank in course/Total: 21 (of 267)

Rank in course/Men: 21 (of 196)

Best time in course: 41:37

Rank in category: 4(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	2:01	4:01	8	0:28	28	0:32	0.50	2:01	4:01	8	0:28	28	0:32
Lap 2	9.00	36:44	4:04	4	6:07	20	8:56	9.50	38:45	4:04	4	6:35	20	9:28
Last lap Finish	3.00	16:08	5:22	3	2:24	24	3:48	12.50	54:53	4:23	4	8:59	21	13:16