



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

HOFMANN, Sascha

Club: SV Empor Bad Langensalza Boxen
Number: 171

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 53:35

Speed: 13.44 km/h
Running performance: 4:17 min/km

Rank in course/Total: 13 (of 267)

Rank in course/Men: 13 (of 196)

Best time in course: 41:37

Rank in category: 1(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	0.50	1:53	3:46	1	-	19	0:24	0.50	1:53	3:46	1	-	19	0:24
Lap 2	9.00	35:33	3:56	1	-	13	7:45	9.50	37:26	3:56	1	-	13	8:09
Last lap Finish	3.00	16:09	5:22	3	0:31	25	3:49	12.50	53:35	4:17	1	-	13	11:58