



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

GIEBLER, Benjamin

Club: Team Malerwerkstatt Beck GmbH
Number: 178

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 53:49

Speed: 13.38 km/h
Running performance: 4:19 min/km

Rank in course/Total: 14 (of 267)

Rank in course/Men: 14 (of 196)

Best time in course: 41:37

Rank in category: 4(of 22)

Best time in the category: 41:37

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking				
	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	7	0:36	36	0:36	0.50	2:05	4:10	7	0:36	36	0:36
Lap 2	9.00	35:53	3:59	4	8:05	14	8:05	9.50	37:58	3:59	4	8:41	15	8:41
Last lap Finish	3.00	15:51	5:16	4	3:31	16	3:31	12.50	53:49	4:18	4	12:12	14	12:12