



**3Türmelauf**  
Bad Langensalza / 22.04.2018

Detailed evaluation

**SPAAR, Sebastian**

Club: Hufi RUNNER  
Number: 81

Course: 12.50 km  
12,5 km -Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 55:32  
Speed: 12.97 km/h  
Running performance: 4:26 min/km  
Rank in course/Total: 24 (of 267)  
Rank in course/Men: 24 (of 196)  
Best time in course: 41:37  
Rank in category: 5(of 22)  
Best time in the category: 41:37

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	1:59	3:58	4	0:30	24	0:30	0.50	1:59	3:58	4	0:30	24	0:30
Lap 2	9.00	37:17	4:08	5	9:29	27	9:29	9.50	39:16	4:07	5	9:59	27	9:59
Last lap Finish	3.00	16:16	5:25	5	3:56	27	3:56	12.50	55:32	4:26	5	13:55	24	13:55