



3Türmelauf

Bad Langensalza / 22.04.2018

Detailed evaluation

MENZ, Steffen

Club: Connected Runners Weimar

Number: 24

Course: 12.50 km

12,5 km -Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 54:27

Speed: 13.77 km/h

Running performance: 4:22 min/km

Rank in course/Total: 18 (of 267)

Rank in course/Men: 18 (of 196)

Best time in course: 41:37

Rank in category: 2(of 17)

Best time in the category: 53:35

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	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	36:44	4:04	3	1:11	20	8:56	9.50	38:49	4:05	3	1:23	22	9:32
Last lap Finish	3.00	15:38	5:12	1	-	12	3:18	12.50	54:27	4:21	2	0:52	18	12:50