



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

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Club: Stedtfelder RSF 1979
Number: 232

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 56:10

Speed: 12.82 km/h
Running performance: 4:29 min/km

Rank in course/Total: 30 (of 267)

Rank in course/Men: 29 (of 196)

Best time in course: 41:37

Rank in category: 4(of 22)

Best time in the category: 48:19

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	2:28	4:56	9	0:54	97	0:59	0.50	2:28	4:56	9	0:54	97	0:59
Lap 2	9.00	37:41	4:11	4	5:24	33	9:53	9.50	40:09	4:13	4	6:18	35	10:52
Last lap Finish	3.00	16:01	5:20	4	1:39	21	3:41	12.50	56:10	4:29	4	7:51	29	14:33