



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

DRESSLER, Marco

Club: TRACO
Number: 397

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 56:04

Speed: 12.84 km/h
Running performance: 4:29 min/km

Rank in course/Total: 29 (of 267)

Rank in course/Men: 28 (of 196)

Best time in course: 41:37

Rank in category: 6(of 37)

Best time in the category: 45:54

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	2:08	4:15	9	0:35	49	0:39	0.50	2:08	4:15	9	0:35	49	0:39
Lap 2	9.00	37:31	4:10	7	6:54	30	9:43	9.50	39:39	4:10	7	7:29	31	10:22
Last lap Finish	3.00	16:25	5:28	4	2:41	30	4:05	12.50	56:04	4:29	6	10:10	28	14:27