



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

Ernst, Alexander

Club: Salza Biker
Number: 222

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 56:25

Speed: 12.76 km/h
Running performance: 4:31 min/km

Rank in course/Total: 33 (of 267)

Rank in course/Men: 32 (of 196)

Best time in course: 41:37

Rank in category: 7(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	0.50	1:49	3:38	4	0:16	16	0:20	0.50	1:49	3:38	4	0:16	16	0:20
Lap 2	9.00	37:14	4:08	6	6:37	26	9:26	9.50	39:03	4:06	6	6:53	24	9:46
Last lap Finish	3.00	17:22	5:47	8	3:38	44	5:02	12.50	56:25	4:30	7	10:31	32	14:48