



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

RICHTER, Steffen

Club: TRACO
Number: 270

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 56:37

Speed: 12.72 km/h
Running performance: 4:32 min/km

Rank in course/Total: 34 (of 267)

Rank in course/Men: 33 (of 196)

Best time in course: 41:37

Rank in category: 8(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	1:56	3:52	6	0:23	20	0:27	0.50	1:56	3:52	6	0:23	20	0:27
Lap 2	9.00	37:43	4:11	8	7:06	34	9:55	9.50	39:39	4:10	7	7:29	31	10:22
Last lap Finish	3.00	16:58	5:39	7	3:14	37	4:38	12.50	56:37	4:31	8	10:43	33	15:00