



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

Fruntke, Thomas

Club: SV 1899 Mul
Number: 289

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 55:39

Speed: 12.94 km/h
Running performance: 4:27 min/km

Rank in course/Total: 25 (of 267)

Rank in course/Men: 25 (of 196)

Best time in course: 41:37

Rank in category: 1(of 18)

Best time in the category: 55:39

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	2:11	4:21	4	0:15	54	0:42	0.50	2:11	4:21	4	0:15	54	0:42
Lap 2	9.00	37:19	4:08	1	-	28	9:31	9.50	39:30	4:09	1	-	28	10:13
Last lap Finish	3.00	16:09	5:22	1	-	25	3:49	12.50	55:39	4:27	1	-	25	14:02