



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

Brückmann, Michael

Club: Flarchheim
Number: 219

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 57:33

Speed: 13.03 km/h
Running performance: 4:36 min/km

Rank in course/Total: 39 (of 267)

Rank in course/Men: 37 (of 196)

Best time in course: 41:37

Rank in category: 6(of 17)

Best time in the category: 53:35

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	2:04	4:08	3	0:11	32	0:35	0.50	2:04	4:08	3	0:11	32	0:35
Lap 2	9.00	38:23	4:15	6	2:50	39	10:35	9.50	40:27	4:15	6	3:01	38	11:10
Last lap Finish	3.00	17:06	5:42	5	1:28	39	4:46	12.50	57:33	4:36	6	3:58	37	15:56