



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: 12.51 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	Intermediate times					Stage score				Total ranking				
	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