



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

Trost, Stefan

Club: Weißensee
Number: 257

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 56:42

Speed: 13.23 km/h
Running performance: 4:32 min/km

Rank in course/Total: 36 (of 267)

Rank in course/Men: 34 (of 196)

Best time in course: 41:37

Rank in category: 5(of 22)

Best time in the category: 48:19

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	2:06	4:12	5	0:32	43	0:37	0.50	2:06	4:12	5	0:32	43	0:37
Lap 2	9.00	38:18	4:15	5	6:01	36	10:30	9.50	40:24	4:15	5	6:33	36	11:07
Last lap Finish	3.00	16:18	5:26	5	1:56	29	3:58	12.50	56:42	4:32	5	8:23	34	15:05