



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

Pfannstiel, Jens

Club: Thamsbrueck
Number: 241

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 58:41

Speed: 12.27 km/h
Running performance: 4:41 min/km

Rank in course/Total: 46 (of 267)

Rank in course/Men: 44 (of 196)

Best time in course: 41:37

Rank in category: 8(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.	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	2:09	4:17	7	0:16	51	0:40	0.50	2:09	4:17	7	0:16	51	0:40
Lap 2	9.00	39:21	4:22	8	3:48	44	11:33	9.50	41:30	4:22	8	4:04	43	12:13
Last lap Finish	3.00	17:11	5:43	6	1:33	41	4:51	12.50	58:41	4:41	8	5:06	44	17:04