



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

Bilek, Marcel

Club: Sonntagsläufer Tambach-Dietharz
Number: 269

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 58:26

Speed: 12.32 km/h
Running performance: 4:40 min/km

Rank in course/Total: 45 (of 267)

Rank in course/Men: 43 (of 196)

Best time in course: 41:37

Rank in category: 6(of 22)

Best time in the category: 41:37

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	2:25	4:49	14	0:56	86	0:56	0.50	2:25	4:49	14	0:56	86	0:56
Lap 2	9.00	39:22	4:22	6	11:34	45	11:34	9.50	41:47	4:23	7	12:30	45	12:30
Last lap Finish	3.00	16:39	5:32	6	4:19	33	4:19	12.50	58:26	4:40	6	16:49	43	16:49