



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

Knothe, Roberto

Club: DaRoTel
Number: 205

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 59:25

Speed: 12.62 km/h
Running performance: 4:45 min/km

Rank in course/Total: 51 (of 267)

Rank in course/Men: 48 (of 196)

Best time in course: 41:37

Rank in category: 10(of 37)

Best time in the category: 45:54

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	2:13	4:26	12	0:40	66	0:44	0.50	2:13	4:26	12	0:40	66	0:44
Lap 2	9.00	39:34	4:23	10	8:57	47	11:46	9.50	41:47	4:23	10	9:37	45	12:30
Last lap Finish	3.00	17:38	5:52	9	3:54	49	5:18	12.50	59:25	4:45	10	13:31	48	17:48