



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

Simon, Holger

Club: Schmalkalden
Number: 238

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 59:09

Speed: 12.68 km/h
Running performance: 4:44 min/km

Rank in course/Total: 50 (of 267)

Rank in course/Men: 47 (of 196)

Best time in course: 41:37

Rank in category: 7(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	0.50	2:01	4:01	6	0:32	28	0:32	0.50	2:01	4:01	6	0:32	28	0:32
Lap 2	9.00	39:35	4:23	7	11:47	48	11:47	9.50	41:36	4:22	6	12:19	44	12:19
Last lap Finish	3.00	17:33	5:51	8	5:13	48	5:13	12.50	59:09	4:43	7	17:32	47	17:32