



3Türmelauf

Bad Langensalza / 22.04.2018

Detailed evaluation

JUNGHANS, Maik

Club: FSV Preußen

Number: 63

Course: 12.50 km

12,5 km -Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:00:05

Speed: 11.98 km/h

Running performance: 4:49 min/km

Rank in course/Total: 54 (of 267)

Rank in course/Men: 50 (of 196)

Best time in course: 41:37

Rank in category: 6(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.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	Total km	Total Time			Total min/km	Pos Men	Behind Men
Lap 1	0.50	3:02	6:03	21	1:28	175	1:33	0.50	3:02	6:03	21	1:28	175	1:33
Lap 2	9.00	40:04	4:27	6	7:47	52	12:16	9.50	43:06	4:32	7	9:15	60	13:49
Last lap Finish	3.00	16:59	5:39	6	2:37	38	4:39	12.50	1:00:05	4:48	6	11:46	50	18:28