



3Türmelauf

Bad Langensalza / 22.04.2018

Detailed evaluation

Bauer, Jörg

Club: FSV Gotha

Number: 278

Course: 12.50 km

12,5 km -Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 58:53

Speed: 12.74 km/h

Running performance: 4:43 min/km

Rank in course/Total: 48 (of 267)

Rank in course/Men: 46 (of 196)

Best time in course: 41:37

Rank in category: 3(of 18)

Best time in the category: 55:39

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	0.50	2:04	4:08	2	0:08	32	0:35	0.50	2:04	4:08	2	0:08	32	0:35
Lap 2	9.00	38:57	4:19	3	1:38	42	11:09	9.50	41:01	4:19	3	1:31	42	11:44
Last lap Finish	3.00	17:52	5:57	3	1:43	56	5:32	12.50	58:53	4:42	3	3:14	46	17:16