



3Türmelauf  
Bad Langensalza / 22.04.2018

Detailed evaluation

Friedrich, Heiko

Club: Thamsbrück  
Number: 210

Course: 12.50 km  
12,5 km -Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 1:00:21

Speed: 11.93 km/h  
Running performance: 4:50 min/km

Rank in course/Total: 57 (of 267)

Rank in course/Men: 53 (of 196)

Best time in course: 41:37

Rank in category: 9(of 30)

Best time in the category: 48:48

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	2:17	4:33	12	0:40	76	0:48	0.50	2:17	4:33	12	0:40	76	0:48
Lap 2	9.00	40:18	4:28	9	7:19	54	12:30	9.50	42:35	4:28	9	7:59	54	13:18
Last lap Finish	3.00	17:46	5:55	9	3:34	53	5:26	12.50	1:00:21	4:49	9	11:33	53	18:44