



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

KAVEMANN, Matthias

Club: Tonna
Number: 192

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:00:48

Speed: 11.84 km/h
Running performance: 4:52 min/km

Rank in course/Total: 62 (of 267)

Rank in course/Men: 57 (of 196)

Best time in course: 41:37

Rank in category: 5(of 18)

Best time in the category: 55:39

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	1:56	3:52	1	-	20	0:27	0.50	1:56	3:52	1	-	20	0:27
Lap 2	9.00	40:23	4:29	5	3:04	55	12:35	9.50	42:19	4:27	5	2:49	52	13:02
Last lap Finish	3.00	18:29	6:09	6	2:20	70	6:09	12.50	1:00:48	4:51	5	5:09	57	19:11