



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

KRISSAK, Radko

Club: Bad Langensalza
Number: 9

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:00:28

Speed: 11.91 km/h
Running performance: 4:50 min/km

Rank in course/Total: 58 (of 267)

Rank in course/Men: 54 (of 196)

Best time in course: 41:37

Rank in category: 7(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	0.50	2:16	4:31	8	0:42	74	0:47	0.50	2:16	4:31	8	0:42	74	0:47
Lap 2	9.00	40:31	4:30	7	8:14	57	12:43	9.50	42:47	4:30	6	8:56	56	13:30
Last lap Finish	3.00	17:41	5:53	7	3:19	51	5:21	12.50	1:00:28	4:50	7	12:09	54	18:51