



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

BELTZ, Michael

Club: Mühlhäuser Röblinglaufverein
Number: 126

Course: 12.50 km
12,5 km -Lauf

Category:
Männer (20-29 Jahre)

Total time: 57:48

Speed: 12.98 km/h
Running performance: 4:37 min/km

Rank in course/Total: 41 (of 267)

Rank in course/Men: 39 (of 196)

Best time in course: 41:37

Rank in category: 5(of 18)

Best time in the category: 48:58

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	2:45	5:30	14	1:10	134	1:16	0.50	2:45	5:30	14	1:10	134	1:16
Lap 2	9.00	39:14	4:21	5	6:26	43	11:26	9.50	41:59	4:25	5	7:29	47	12:42
Last lap Finish	3.00	15:49	5:16	3	1:21	15	3:29	12.50	57:48	4:37	5	8:50	39	16:11