



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

Seehof, Frank

Club: SV 1922 Thamsbrück
Number: 211

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:02:29

Speed: 11.52 km/h
Running performance: 5:00 min/km

Rank in course/Total: 75 (of 267)

Rank in course/Men: 68 (of 196)

Best time in course: 41:37

Rank in category: 11(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	2:10	4:19	8	0:33	53	0:41	0.50	2:10	4:19	8	0:33	53	0:41
Lap 2	9.00	41:16	4:35	10	8:17	65	13:28	9.50	43:26	4:34	10	8:50	65	14:09
Last lap Finish	3.00	19:03	6:21	14	4:51	89	6:43	12.50	1:02:29	4:59	11	13:41	68	20:52