



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

SONNET, Mario

Club: Connected Runners Weimar
Number: 23

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:01:59

Speed: 11.62 km/h
Running performance: 4:58 min/km

Rank in course/Total: 72 (of 267)

Rank in course/Men: 66 (of 196)

Best time in course: 41:37

Rank in category: 12(of 37)

Best time in the category: 45:54

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	2:41	5:21	26	1:08	123	1:12	0.50	2:41	5:21	26	1:08	123	1:12
Lap 2	9.00	41:18	4:35	12	10:41	67	13:30	9.50	43:59	4:37	14	11:49	72	14:42
Last lap Finish	3.00	18:00	6:00	12	4:16	60	5:40	12.50	1:01:59	4:57	12	16:05	66	20:22