



3Türmelauf

Bad Langensalza / 22.04.2018

Detailed evaluation

PüSCHEL, Silvio

Club: Hetzdorfer SV 1990 e.V.

Number: 77

Course: 12.50 km

12,5 km -Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:02:34

Speed: 11.51 km/h

Running performance: 5:01 min/km

Rank in course/Total: 77 (of 267)

Rank in course/Men: 70 (of 196)

Best time in course: 41:37

Rank in category: 9(of 17)

Best time in the category: 53:35

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	0.50	2:28	4:56	10	0:35	97	0:59	0.50	2:28	4:56	10	0:35	97	0:59
Lap 2	9.00	42:25	4:42	10	6:52	83	14:37	9.50	44:53	4:43	10	7:27	83	15:36
Last lap Finish	3.00	17:41	5:53	9	2:03	51	5:21	12.50	1:02:34	5:00	9	8:59	70	20:57