



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

ZIMMERMANN, Frank

Club: Bad Langensalza
Number: 3

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:02:34

Speed: 11.51 km/h
Running performance: 5:01 min/km

Rank in course/Total: 78 (of 267)

Rank in course/Men: 70 (of 196)

Best time in course: 41:37

Rank in category: 13(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	2:27	4:54	18	0:54	91	0:58	0.50	2:27	4:54	18	0:54	91	0:58
Lap 2	9.00	42:08	4:40	16	11:31	80	14:20	9.50	44:35	4:41	15	12:25	77	15:18
Last lap Finish	3.00	17:59	5:59	11	4:15	59	5:39	12.50	1:02:34	5:00	13	16:40	70	20:57