



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

ANDRä, Mario

Club: Laufftreff Breitungen
Number: 102

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:02:53

Speed: 11.93 km/h
Running performance: 5:02 min/km

Rank in course/Total: 81 (of 267)

Rank in course/Men: 73 (of 196)

Best time in course: 41:37

Rank in category: 15(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	2:43	5:26	27	1:10	129	1:14	0.50	2:43	5:26	27	1:10	129	1:14
Lap 2	9.00	41:56	4:39	15	11:19	76	14:08	9.50	44:39	4:42	16	12:29	80	15:22
Last lap Finish	3.00	18:14	6:04	13	4:30	65	5:54	12.50	1:02:53	5:01	15	16:59	73	21:16