



**3Türmelauf**  
Bad Langensalza / 22.04.2018

Detailed evaluation

**STEINHARDT, Ralf**

Club: Weinbergen/Seebach  
Number: 203

Course: 12.50 km  
12,5 km -Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:02:54

Speed: 11.45 km/h  
Running performance: 5:02 min/km

Rank in course/Total: 82 (of 267)

Rank in course/Men: 74 (of 196)

Best time in course: 41:37

Rank in category: 16(of 37)

Best time in the category: 45:54

Intermediate times

Stage score

Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Lap 1           | 0.50        | 2:15          | 4:30            | 14          | 0:42           | 73          | 0:46          | 0.50          | 2:15          | 4:30            | 14          | 0:42           | 73         | 0:46          |
| Lap 2           | 9.00        | 41:37         | 4:37            | 14          | 11:00          | 72          | 13:49         | 9.50          | 43:52         | 4:37            | 12          | 11:42          | 69         | 14:35         |
| Last lap Finish | 3.00        | 19:02         | 6:20            | 18          | 5:18           | 86          | 6:42          | 12.50         | 1:02:54       | 5:01            | 16          | 17:00          | 74         | 21:17         |