



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

KÜHNPAST, Frank

Club: Saalfelder LV
Number: 136

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:02:19

Speed: 11.55 km/h
Running performance: 4:59 min/km

Rank in course/Total: 73 (of 267)

Rank in course/Men: 67 (of 196)

Best time in course: 41:37

Rank in category: 10(of 30)

Best time in the category: 48:48

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	2:20	4:40	13	0:43	80	0:51	0.50	2:20	4:40	13	0:43	80	0:51
Lap 2	9.00	41:50	4:38	13	8:51	75	14:02	9.50	44:10	4:38	12	9:34	74	14:53
Last lap Finish	3.00	18:09	6:02	10	3:57	63	5:49	12.50	1:02:19	4:59	10	13:31	67	20:42