



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

Steuckart, Maik

Club: Gotha
Number: 221

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:03:17

Speed: 11.38 km/h
Running performance: 5:04 min/km

Rank in course/Total: 85 (of 267)

Rank in course/Men: 77 (of 196)

Best time in course: 41:37

Rank in category: 10(of 22)

Best time in the category: 48:19

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score			Total ranking					
	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	2:04	4:08	4	0:30	32	0:35	0.50	2:04	4:08	4	0:30	32	0:35
Lap 2	9.00	41:45	4:38	10	9:28	74	13:57	9.50	43:49	4:36	10	9:58	68	14:32
Last lap Finish	3.00	19:28	6:29	14	5:06	102	7:08	12.50	1:03:17	5:03	10	14:58	77	21:40