



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

Eisenbrandt, Frank

Club: Laufgruppe Treffurt
Number: 277

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:03:33

Speed: 11.33 km/h
Running performance: 5:05 min/km

Rank in course/Total: 88 (of 267)

Rank in course/Men: 80 (of 196)

Best time in course: 41:37

Rank in category: 7(of 18)

Best time in the category: 55:39

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	3:03	6:05	14	1:07	178	1:34	0.50	3:03	6:05	14	1:07	178	1:34
Lap 2	9.00	42:03	4:40	7	4:44	79	14:15	9.50	45:06	4:44	8	5:36	90	15:49
Last lap Finish	3.00	18:27	6:08	5	2:18	68	6:07	12.50	1:03:33	5:05	7	7:54	80	21:56