



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

HENNING, Jürgen

Club: Spvgg Faulungen
Number: 166

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:03:42

Speed: 11.30 km/h
Running performance: 5:06 min/km

Rank in course/Total: 92 (of 267)

Rank in course/Men: 84 (of 196)

Best time in course: 41:37

Rank in category: 8(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	2:17	4:33	8	0:21	76	0:48	0.50	2:17	4:33	8	0:21	76	0:48
Lap 2	9.00	42:24	4:42	8	5:05	82	14:36	9.50	44:41	4:42	7	5:11	81	15:24
Last lap Finish	3.00	19:01	6:20	9	2:52	84	6:41	12.50	1:03:42	5:05	8	8:03	84	22:05