



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

Kreutzburg, Michael

Club: Erfurt
Number: 245

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:03:36

Speed: 11.79 km/h
Running performance: 5:05 min/km

Rank in course/Total: 89 (of 267)

Rank in course/Men: 81 (of 196)

Best time in course: 41:37

Rank in category: 11(of 22)

Best time in the category: 48:19

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	2:30	5:00	10	0:56	104	1:01	0.50	2:30	5:00	10	0:56	104	1:01
Lap 2	9.00	42:00	4:40	11	9:43	78	14:12	9.50	44:30	4:41	11	10:39	76	15:13
Last lap Finish	3.00	19:06	6:22	12	4:44	91	6:46	12.50	1:03:36	5:05	11	15:17	81	21:59