



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

Mörstedt, Udo

Club: LSV Neunheilingen
Number: 214

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:04:30

Speed: 11.16 km/h
Running performance: 5:10 min/km

Rank in course/Total: 102 (of 267)

Rank in course/Men: 92 (of 196)

Best time in course: 41:37

Rank in category: 15(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	1:59	3:58	2	0:22	24	0:30	0.50	1:59	3:58	2	0:22	24	0:30
Lap 2	9.00	42:56	4:46	15	9:57	91	15:08	9.50	44:55	4:43	15	10:19	85	15:38
Last lap Finish	3.00	19:35	6:31	16	5:23	104	7:15	12.50	1:04:30	5:09	15	15:42	92	22:53