



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

Krause, Raimund

Club: LV EINHEIT GREIZ
Number: 226

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M75 (75 und älter)

Total time: 1:04:33

Speed: 11.62 km/h
Running performance: 5:10 min/km

Rank in course/Total: 103 (of 267)

Rank in course/Men: 93 (of 196)

Best time in course: 41:37

Rank in category: 1(of 2)

Best time in the category: 1:04:33

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	2:26	4:51	1	-	88	0:57	0.50	2:26	4:51	1	-	88	0:57
Lap 2	9.00	42:21	4:42	1	-	81	14:33	9.50	44:47	4:42	1	-	82	15:30
Last lap Finish	3.00	19:46	6:35	1	-	106	7:26	12.50	1:04:33	5:09	1	-	93	22:56