



**3Türmelauf**  
Bad Langensalza / 22.04.2018

Detailed evaluation

**Seever, Thorsten**

Club: SG Motor Arnstadt  
Number: 281

Course: 12.50 km  
12,5 km -Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:04:08

Speed: 11.23 km/h  
Running performance: 5:08 min/km

Rank in course/Total: 97 (of 267)

Rank in course/Men: 88 (of 196)

Best time in course: 41:37

Rank in category: 18(of 37)

Best time in the category: 45:54

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	15	0:44	76	0:48	0.50	2:17	4:33	15	0:44	76	0:48
Lap 2	9.00	42:44	4:44	17	12:07	86	14:56	9.50	45:01	4:44	17	12:51	89	15:44
Last lap Finish	3.00	19:07	6:22	19	5:23	92	6:47	12.50	1:04:08	5:07	18	18:14	88	22:31