



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

Sebastian, Eichel

Club: Sole Runners
Number: 252

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:04:27

Speed: 11.64 km/h
Running performance: 5:10 min/km

Rank in course/Total: 101 (of 267)

Rank in course/Men: 91 (of 196)

Best time in course: 41:37

Rank in category: 12(of 22)

Best time in the category: 41:37

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score			Total ranking					
	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	2:14	4:28	11	0:45	69	0:45	0.50	2:14	4:28	11	0:45	69	0:45
Lap 2	9.00	41:43	4:38	12	13:55	73	13:55	9.50	43:57	4:37	12	14:40	70	14:40
Last lap Finish	3.00	20:30	6:49	15	8:10	125	8:10	12.50	1:04:27	5:09	12	22:50	91	22:50