



**3Türmelauf**  
Bad Langensalza / 22.04.2018

Detailed evaluation

**SCHWIRTZKE, Jonas**

Club: Luisenthaler SV  
Number: 106

Course: 12.50 km  
12,5 km -Lauf

Category:  
Männer (20-29 Jahre)

Total time: 1:03:41

Speed: 11.31 km/h  
Running performance: 5:05 min/km

Rank in course/Total: 90 (of 267)

Rank in course/Men: 82 (of 196)

Best time in course: 41:37

Rank in category: 8(of 18)

Best time in the category: 48:58

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	1:42	3:23	2	0:07	11	0:13	0.50	1:42	3:23	2	0:07	11	0:13
Lap 2	9.00	43:18	4:48	9	10:30	97	15:30	9.50	45:00	4:44	8	10:30	88	15:43
Last lap Finish	3.00	18:41	6:13	7	4:13	74	6:21	12.50	1:03:41	5:05	8	14:43	82	22:04