



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

Pohl, Wolfgang

Club: Laufgruppe Treffurt
Number: 273

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M65 (65-69 Jahre)

Total time: 1:05:30

Speed: 11.45 km/h
Running performance: 5:14 min/km

Rank in course/Total: 109 (of 267)

Rank in course/Men: 97 (of 196)

Best time in course: 41:37

Rank in category: 2(of 5)

Best time in the category: 59:49

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	2:11	4:21	1	-	54	0:42	0.50	2:11	4:21	1	-	54	0:42
Lap 2	9.00	43:12	4:48	2	3:22	95	15:24	9.50	45:23	4:46	2	3:21	92	16:06
Last lap Finish	3.00	20:07	6:42	2	2:20	119	7:47	12.50	1:05:30	5:14	2	5:41	97	23:53