



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

ARNDT, Steffen

Club: Arndt-Family aus Mühlhausen
Number: 1

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:06:02

Speed: 10.90 km/h
Running performance: 5:17 min/km

Rank in course/Total: 115 (of 267)

Rank in course/Men: 101 (of 196)

Best time in course: 41:37

Rank in category: 11(of 17)

Best time in the category: 53:35

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	2:41	5:21	15	0:48	123	1:12	0.50	2:41	5:21	15	0:48	123	1:12
Lap 2	9.00	44:08	4:54	11	8:35	103	16:20	9.50	46:49	4:55	11	9:23	104	17:32
Last lap Finish	3.00	19:13	6:24	12	3:35	96	6:53	12.50	1:06:02	5:16	11	12:27	101	24:25