



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

GRUNDMANN, Henrik

Club: Delitzsch
Number: 31

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:05:56

Speed: 11.38 km/h
Running performance: 5:16 min/km

Rank in course/Total: 114 (of 267)

Rank in course/Men: 100 (of 196)

Best time in course: 41:37

Rank in category: 19(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	2:38	5:15	24	1:05	116	1:09	0.50	2:38	5:15	24	1:05	116	1:09
Lap 2	9.00	44:05	4:53	19	13:28	101	16:17	9.50	46:43	4:55	19	14:33	101	17:26
Last lap Finish	3.00	19:13	6:24	20	5:29	96	6:53	12.50	1:05:56	5:16	19	20:02	100	24:19