



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: 10.92 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		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
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				