



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

THOMAS, Sandro

Club: GKN Sinter Metals Bad Langensalza
Number: 66

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:06:18

Speed: 10.86 km/h
Running performance: 5:18 min/km

Rank in course/Total: 116 (of 267)

Rank in course/Men: 102 (of 196)

Best time in course: 41:37

Rank in category: 12(of 17)

Best time in the category: 53:35

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	2:46	5:31	17	0:53	139	1:17	0.50	2:46	5:31	17	0:53	139	1:17
Lap 2	9.00	44:23	4:55	13	8:50	107	16:35	9.50	47:09	4:57	14	9:43	107	17:52
Last lap Finish	3.00	19:09	6:22	10	3:31	93	6:49	12.50	1:06:18	5:18	12	12:43	102	24:41