



3Türmelauf  
Bad Langensalza / 22.04.2018

Detailed evaluation

JOHN, Christopher

Club: Clingen  
Number: 22

Course: 12.50 km  
12,5 km -Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:07:17

Speed: 10.70 km/h  
Running performance: 5:23 min/km

Rank in course/Total: 132 (of 267)

Rank in course/Men: 111 (of 196)

Best time in course: 41:37

Rank in category: 14(of 22)

Best time in the category: 41:37

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	3:04	6:08	20	1:35	180	1:35	0.50	3:04	6:08	20	1:35	180	1:35
Lap 2	9.00	45:12	5:01	13	17:24	113	17:24	9.50	48:16	5:04	15	18:59	118	18:59
Last lap Finish	3.00	19:01	6:20	12	6:41	84	6:41	12.50	1:07:17	5:22	14	25:40	111	25:40