



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

SCHMALSTIEG, Christian

Club: Teistungen
Number: 190

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:07:02

Speed: 11.19 km/h
Running performance: 5:22 min/km

Rank in course/Total: 126 (of 267)

Rank in course/Men: 106 (of 196)

Best time in course: 41:37

Rank in category: 14(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	2:29	4:58	11	0:36	100	1:00	0.50	2:29	4:58	11	0:36	100	1:00
Lap 2	9.00	44:24	4:56	14	8:51	108	16:36	9.50	46:53	4:56	12	9:27	105	17:36
Last lap Finish	3.00	20:09	6:42	14	4:31	121	7:49	12.50	1:07:02	5:21	14	13:27	106	25:25