



3Türmelauf  
Bad Langensalza / 22.04.2018

Detailed evaluation

**HIESE, Jonas**

Club: SLG Bad Langensalza  
Number: 161

Course: 12.50 km  
12,5 km -Lauf

Category:  
Männer (20-29 Jahre)

Total time: 1:07:03

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

Rank in course/Total: 127 (of 267)

Rank in course/Men: 107 (of 196)

Best time in course: 41:37

Rank in category: 10(of 18)

Best time in the category: 48:58

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	2:07	4:14	6	0:32	45	0:38	0.50	2:07	4:14	6	0:32	45	0:38
Lap 2	9.00	45:05	5:00	11	12:17	110	17:17	9.50	47:12	4:58	10	12:42	108	17:55
Last lap Finish	3.00	19:51	6:37	11	5:23	110	7:31	12.50	1:07:03	5:21	10	18:05	107	25:26