



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

ALBRECHT, Frank

Club: Gotha
Number: 71

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:06:52

Speed: 10.77 km/h
Running performance: 5:21 min/km

Rank in course/Total: 121 (of 267)

Rank in course/Men: 103 (of 196)

Best time in course: 41:37

Rank in category: 20(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 km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	0.50	3:11	6:21	36	1:38	186	1:42	0.50	3:11	6:21	36	1:38	186	1:42
Lap 2	9.00	45:05	5:00	21	14:28	110	17:17	9.50	48:16	5:04	22	16:06	118	18:59
Last lap Finish	3.00	18:36	6:12	14	4:52	72	6:16	12.50	1:06:52	5:20	20	20:58	103	25:15