



**3Türmelauf**  
Bad Langensalza / 22.04.2018

Detailed evaluation

**HENZE, Ingo**

Club: sc impuls Erfurt  
Number: 152

Course: 12.50 km  
12,5 km -Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 1:07:49

Speed: 11.06 km/h  
Running performance: 5:26 min/km

Rank in course/Total: 138 (of 267)

Rank in course/Men: 116 (of 196)

Best time in course: 41:37

Rank in category: 17(of 30)

Best time in the category: 48:48

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	2:35	5:10	15	0:58	109	1:06	0.50	2:35	5:10	15	0:58	109	1:06
Lap 2	9.00	46:16	5:08	20	13:17	128	18:28	9.50	48:51	5:08	19	14:15	126	19:34
Last lap Finish	3.00	18:58	6:19	13	4:46	83	6:38	12.50	1:07:49	5:25	17	19:01	116	26:12