



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

Kallenbach, Sebastian

Club: Connected Runners Weimar
Number: 253

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:06:52

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

Rank in course/Total: 122 (of 267)

Rank in course/Men: 103 (of 196)

Best time in course: 41:37

Rank in category: 13(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	2:45	5:30	16	0:52	134	1:16	0.50	2:45	5:30	16	0:52	134	1:16
Lap 2	9.00	44:15	4:55	12	8:42	105	16:27	9.50	47:00	4:56	13	9:34	106	17:43
Last lap Finish	3.00	19:52	6:37	13	4:14	111	7:32	12.50	1:06:52	5:20	13	13:17	103	25:15