



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

Brandenburger, Denis

Club: Proventus
Number: 282

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:08:20

Speed: 10.98 km/h
Running performance: 5:28 min/km

Rank in course/Total: 146 (of 267)

Rank in course/Men: 123 (of 196)

Best time in course: 41:37

Rank in category: 15(of 22)

Best time in the category: 41:37

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	2:00	4:00	5	0:31	27	0:31	0.50	2:00	4:00	5	0:31	27	0:31
Lap 2	9.00	45:35	5:03	14	17:47	117	17:47	9.50	47:35	5:00	13	18:18	110	18:18
Last lap Finish	3.00	20:45	6:55	16	8:25	130	8:25	12.50	1:08:20	5:27	15	26:43	123	26:43