



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

BELLSTEDT, Ralf

Club: Team Physiotherapie Ute Zöllner
Number: 187

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:08:15

Speed: 10.55 km/h
Running performance: 5:28 min/km

Rank in course/Total: 143 (of 267)

Rank in course/Men: 121 (of 196)

Best time in course: 41:37

Rank in category: 18(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	2:45	5:30	20	1:08	134	1:16	0.50	2:45	5:30	20	1:08	134	1:16
Lap 2	9.00	45:25	5:02	17	12:26	116	17:37	9.50	48:10	5:04	17	13:34	117	18:53
Last lap Finish	3.00	20:05	6:41	17	5:53	114	7:45	12.50	1:08:15	5:27	18	19:27	121	26:38