



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

Michel, Christian

Club: Altengottern
Number: 261

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:09:02

Speed: 10.86 km/h
Running performance: 5:31 min/km

Rank in course/Total: 152 (of 267)

Rank in course/Men: 126 (of 196)

Best time in course: 41:37

Rank in category: 16(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	3:05	6:10	21	1:36	182	1:36	0.50	3:05	6:10	21	1:36	182	1:36
Lap 2	9.00	45:51	5:05	16	18:03	123	18:03	9.50	48:56	5:09	17	19:39	129	19:39
Last lap Finish	3.00	20:06	6:42	14	7:46	116	7:46	12.50	1:09:02	5:31	16	27:25	126	27:25