



3Türmelauf

Bad Langensalza / 22.04.2018

Detailed evaluation

HENNIG, Kay

Club: BSG Sparkasse UH

Number: 20

Course: 12.50 km

12,5 km -Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:08:44

Speed: 10.48 km/h

Running performance: 5:30 min/km

Rank in course/Total: 148 (of 267)

Rank in course/Men: 125 (of 196)

Best time in course: 41:37

Rank in category: 18(of 22)

Best time in the category: 48:19

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	2:58	5:56	17	1:24	160	1:29	0.50	2:58	5:56	17	1:24	160	1:29
Lap 2	9.00	45:39	5:04	18	13:22	120	17:51	9.50	48:37	5:07	18	14:46	124	19:20
Last lap Finish	3.00	20:07	6:42	17	5:45	119	7:47	12.50	1:08:44	5:29	18	20:25	125	27:07