



3Türmelauf

Bad Langensalza / 22.04.2018

Detailed evaluation

WÖLFEL, Roland

Club: Sonntagsläufer Tambach-Dietharz

Number: 163

Course: 12.50 km

12,5 km -Lauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 1:09:27

Speed: 10.80 km/h

Running performance: 5:34 min/km

Rank in course/Total: 153 (of 267)

Rank in course/Men: 127 (of 196)

Best time in course: 41:37

Rank in category: 5(of 10)

Best time in the category: 1:01:39

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	0.50	2:48	5:35	6	0:24	143	1:19	0.50	2:48	5:35	6	0:24	143	1:19
Lap 2	9.00	45:38	5:04	4	4:48	119	17:50	9.50	48:26	5:05	4	5:12	120	19:09
Last lap Finish	3.00	21:01	7:00	6	2:36	136	8:41	12.50	1:09:27	5:33	5	7:48	127	27:50