



3Türmelauf  
Bad Langensalza / 22.04.2018

Detailed evaluation

FRITZWANKER, Sebastian

Club: Jena  
Number: 86

Course: 12.50 km  
12,5 km -Lauf

Category:  
Männer (20-29 Jahre)

Total time: 1:09:38

Speed: 10.77 km/h  
Running performance: 5:34 min/km

Rank in course/Total: 157 (of 267)

Rank in course/Men: 130 (of 196)

Best time in course: 41:37

Rank in category: 14(of 18)

Best time in the category: 48:58

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	15	1:23	160	1:29	0.50	2:58	5:56	15	1:23	160	1:29
Lap 2	9.00	46:45	5:11	15	13:57	140	18:57	9.50	49:43	5:14	15	15:13	144	20:26
Last lap Finish	3.00	19:55	6:38	12	5:27	112	7:35	12.50	1:09:38	5:34	14	20:40	130	28:01