



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

Bomberg, Dirk

Club: Impuls Erfurt
Number: 228

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 1:10:29

Speed: 10.64 km/h
Running performance: 5:38 min/km

Rank in course/Total: 165 (of 267)

Rank in course/Men: 136 (of 196)

Best time in course: 41:37

Rank in category: 7(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	0.50	2:29	4:58	3	0:05	100	1:00	0.50	2:29	4:58	3	0:05	100	1:00
Lap 2	9.00	46:37	5:10	6	5:47	136	18:49	9.50	49:06	5:10	6	5:52	135	19:49
Last lap Finish	3.00	21:23	7:07	7	2:58	144	9:03	12.50	1:10:29	5:38	7	8:50	136	28:52