



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

LAß, Matthias

Club: Connected Runners Weimar
Number: 25

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:09:50

Speed: 10.31 km/h
Running performance: 5:35 min/km

Rank in course/Total: 160 (of 267)

Rank in course/Men: 132 (of 196)

Best time in course: 41:37

Rank in category: 23(of 37)

Best time in the category: 45:54

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	2:13	4:26	12	0:40	66	0:44	0.50	2:13	4:26	12	0:40	66	0:44
Lap 2	9.00	46:17	5:08	23	15:40	129	18:29	9.50	48:30	5:06	23	16:20	122	19:13
Last lap Finish	3.00	21:20	7:06	26	7:36	143	9:00	12.50	1:09:50	5:35	23	23:56	132	28:13