



**3Türmelauf**  
Bad Langensalza / 22.04.2018

Detailed evaluation

**HAUER, Frank**

Club: Die Hausis  
Number: 36

Course: 12.50 km  
12,5 km -Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:10:41

Speed: 10.61 km/h  
Running performance: 5:39 min/km

Rank in course/Total: 170 (of 267)

Rank in course/Men: 140 (of 196)

Best time in course: 41:37

Rank in category: 26(of 37)

Best time in the category: 45:54

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	2:26	4:51	17	0:53	88	0:57	0.50	2:26	4:51	17	0:53	88	0:57
Lap 2	9.00	46:37	5:10	24	16:00	136	18:49	9.50	49:03	5:09	24	16:53	132	19:46
Last lap Finish	3.00	21:38	7:12	28	7:54	146	9:18	12.50	1:10:41	5:39	26	24:47	140	29:04