



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

Müller, Thoralf

Club: Sagasser Core
Number: 276

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:09:28

Speed: 10.36 km/h
Running performance: 5:34 min/km

Rank in course/Total: 154 (of 267)

Rank in course/Men: 128 (of 196)

Best time in course: 41:37

Rank in category: 19(of 30)

Best time in the category: 48:48

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	2:41	5:21	19	1:04	123	1:12	0.50	2:41	5:21	19	1:04	123	1:12
Lap 2	9.00	46:25	5:09	21	13:26	132	18:37	9.50	49:06	5:10	21	14:30	135	19:49
Last lap Finish	3.00	20:22	6:47	18	6:10	122	8:02	12.50	1:09:28	5:33	19	20:40	128	27:51