



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

ZINSERLING, Mike

Club: Tambach-Dietharz
Number: 176

Course: 12.50 km
12,5 km -Lauf

Category:
Männer (20-29 Jahre)

Total time: 1:11:27

Speed: 10.08 km/h
Running performance: 5:43 min/km

Rank in course/Total: 173 (of 267)

Rank in course/Men: 141 (of 196)

Best time in course: 41:37

Rank in category: 15(of 18)

Best time in the category: 48:58

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	3:01	6:01	16	1:26	172	1:32	0.50	3:01	6:01	16	1:26	172	1:32
Lap 2	9.00	46:01	5:06	13	13:13	124	18:13	9.50	49:02	5:09	14	14:32	131	19:45
Last lap Finish	3.00	22:25	7:28	18	7:57	162	10:05	12.50	1:11:27	5:42	15	22:29	141	29:50