



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

RöMHILD, Jan-Olaf

Club: fit&fun
Number: 49

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:11:47

Speed: 10.45 km/h
Running performance: 5:44 min/km

Rank in course/Total: 175 (of 267)

Rank in course/Men: 143 (of 196)

Best time in course: 41:37

Rank in category: 27(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	2:43	5:26	27	1:10	129	1:14	0.50	2:43	5:26	27	1:10	129	1:14
Lap 2	9.00	46:57	5:13	26	16:20	142	19:09	9.50	49:40	5:13	27	17:30	143	20:23
Last lap Finish	3.00	22:07	7:22	29	8:23	153	9:47	12.50	1:11:47	5:44	27	25:53	143	30:10