



3Türmelauf  
Bad Langensalza / 22.04.2018

Detailed evaluation

STAUDIGEL, René

Club: Bad Langensalza  
Number: 6

Course: 12.50 km  
12,5 km -Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:11:56

Speed: 10.01 km/h  
Running performance: 5:45 min/km

Rank in course/Total: 177 (of 267)

Rank in course/Men: 144 (of 196)

Best time in course: 41:37

Rank in category: 15(of 17)

Best time in the category: 53:35

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	2:11	4:21	8	0:18	54	0:42	0.50	2:11	4:21	8	0:18	54	0:42
Lap 2	9.00	47:09	5:14	15	11:36	143	19:21	9.50	49:20	5:11	15	11:54	138	20:03
Last lap Finish	3.00	22:36	7:32	16	6:58	164	10:16	12.50	1:11:56	5:45	15	18:21	144	30:19