



3Türmelauf

Bad Langensalza / 22.04.2018

Detailed evaluation

SPERLING, Hartmut

Club: Mühlhausen

Number: 114

Course: 12.50 km

12,5 km -Lauf

Category:

Senioren M65 (65-69 Jahre)

Total time: 1:12:29

Speed: 9.93 km/h

Running performance: 5:48 min/km

Rank in course/Total: 181 (of 267)

Rank in course/Men: 147 (of 196)

Best time in course: 41:37

Rank in category: 3(of 5)

Best time in the category: 59:49

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	0.50	2:37	5:14	3	0:26	112	1:08	0.50	2:37	5:14	3	0:26	112	1:08
Lap 2	9.00	46:32	5:10	3	6:42	134	18:44	9.50	49:09	5:10	3	7:07	137	19:52
Last lap Finish	3.00	23:20	7:46	4	5:33	172	11:00	12.50	1:12:29	5:47	3	12:40	147	30:52