



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

FREITAG, Norman

Club: Connected Runners Weimar
Number: 26

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:12:11

Speed: 9.97 km/h
Running performance: 5:46 min/km

Rank in course/Total: 179 (of 267)

Rank in course/Men: 146 (of 196)

Best time in course: 41:37

Rank in category: 28(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	2:30	5:00	22	0:57	104	1:01	0.50	2:30	5:00	22	0:57	104	1:01
Lap 2	9.00	47:19	5:15	28	16:42	145	19:31	9.50	49:49	5:14	28	17:39	145	20:32
Last lap Finish	3.00	22:22	7:27	31	8:38	159	10:02	12.50	1:12:11	5:46	28	26:17	146	30:34