



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

HAHN, Rene

Club: dieSÜDEICHSFELDer
Number: 37

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:12:43

Speed: 9.90 km/h
Running performance: 5:49 min/km

Rank in course/Total: 182 (of 267)

Rank in course/Men: 148 (of 196)

Best time in course: 41:37

Rank in category: 16(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	2:37	5:14	12	0:44	112	1:08	0.50	2:37	5:14	12	0:44	112	1:08
Lap 2	9.00	47:25	5:16	16	11:52	146	19:37	9.50	50:02	5:15	16	12:36	146	20:45
Last lap Finish	3.00	22:41	7:33	17	7:03	166	10:21	12.50	1:12:43	5:49	16	19:08	148	31:06