



3Türmelauf  
Bad Langensalza / 22.04.2018

Detailed evaluation

LEISTER, Karl-Heinz

Club: BSG Sparkasse UH  
Number: 17

Course: 12.50 km  
12,5 km -Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 1:10:33

Speed: 10.21 km/h  
Running performance: 5:38 min/km

Rank in course/Total: 166 (of 267)

Rank in course/Men: 137 (of 196)

Best time in course: 41:37

Rank in category: 21(of 30)

Best time in the category: 48:48

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	2:40	5:19	18	1:03	120	1:11	0.50	2:40	5:19	18	1:03	120	1:11
Lap 2	9.00	46:08	5:07	19	13:09	126	18:20	9.50	48:48	5:08	18	14:12	125	19:31
Last lap Finish	3.00	21:45	7:15	23	7:33	147	9:25	12.50	1:10:33	5:38	21	21:45	137	28:56