



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

STEINMETZ, Patrick

Club: FSV Preußen
Number: 61

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:12:57

Speed: 9.87 km/h
Running performance: 5:50 min/km

Rank in course/Total: 184 (of 267)

Rank in course/Men: 149 (of 196)

Best time in course: 41:37

Rank in category: 19(of 22)

Best time in the category: 48:19

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	1:03	112	1:08	0.50	2:37	5:14	12	1:03	112	1:08
Lap 2	9.00	47:35	5:17	19	15:18	147	19:47	9.50	50:12	5:17	19	16:21	148	20:55
Last lap Finish	3.00	22:45	7:34	19	8:23	167	10:25	12.50	1:12:57	5:50	19	24:38	149	31:20