



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

Zaja, Sebastian

Club: Team Malerwerkstatt Beck GmbH
Number: 230

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:13:09

Speed: 9.84 km/h
Running performance: 5:51 min/km

Rank in course/Total: 187 (of 267)

Rank in course/Men: 151 (of 196)

Best time in course: 41:37

Rank in category: 19(of 22)

Best time in the category: 41:37

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	2:49	5:38	17	1:20	144	1:20	0.50	2:49	5:38	17	1:20	144	1:20
Lap 2	9.00	48:13	5:21	19	20:25	151	20:25	9.50	51:02	5:22	19	21:45	151	21:45
Last lap Finish	3.00	22:07	7:22	19	9:47	153	9:47	12.50	1:13:09	5:51	19	31:32	151	31:32