



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

GODER, Arvid

Club: Team Physiotherapie Ute Zöllner
Number: 186

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:13:38

Speed: 9.78 km/h
Running performance: 5:53 min/km

Rank in course/Total: 198 (of 267)

Rank in course/Men: 155 (of 196)

Best time in course: 41:37

Rank in category: 29(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	2:56	5:51	30	1:23	155	1:27	0.50	2:56	5:51	30	1:23	155	1:27
Lap 2	9.00	49:42	5:31	30	19:05	162	21:54	9.50	52:38	5:32	30	20:28	164	23:21
Last lap Finish	3.00	21:00	7:00	24	7:16	135	8:40	12.50	1:13:38	5:53	29	27:44	155	32:01