



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

DEHMEL, Gerhard

Club: ThwV Ilmenau
Number: 191

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M75 (75 und älter)

Total time: 1:14:22

Speed: 9.68 km/h
Running performance: 5:57 min/km

Rank in course/Total: 204 (of 267)

Rank in course/Men: 160 (of 196)

Best time in course: 41:37

Rank in category: 2(of 2)

Best time in the category: 1:04:33

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	2:44	5:28	2	0:18	132	1:15	0.50	2:44	5:28	2	0:18	132	1:15
Lap 2	9.00	49:45	5:31	2	7:24	163	21:57	9.50	52:29	5:31	2	7:42	162	23:12
Last lap Finish	3.00	21:53	7:17	2	2:07	150	9:33	12.50	1:14:22	5:56	2	9:49	160	32:45