



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

GARN, Tom

Club: SILVERBACKS Harz
Number: 155

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:13:20

Speed: 10.23 km/h
Running performance: 5:52 min/km

Rank in course/Total: 190 (of 267)

Rank in course/Men: 152 (of 196)

Best time in course: 41:37

Rank in category: 17(of 17)

Best time in the category: 53:35

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	14	0:47	120	1:11	0.50	2:40	5:19	14	0:47	120	1:11
Lap 2	9.00	49:39	5:30	17	14:06	160	21:51	9.50	52:19	5:30	17	14:53	158	23:02
Last lap Finish	3.00	21:01	7:00	15	5:23	136	8:41	12.50	1:13:20	5:51	17	19:45	152	31:43