



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

Leffler, Martin

Club: Sömmerda
Number: 244

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:13:20

Speed: 9.82 km/h
Running performance: 5:52 min/km

Rank in course/Total: 193 (of 267)

Rank in course/Men: 152 (of 196)

Best time in course: 41:37

Rank in category: 20(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	0.50	2:41	5:21	16	1:12	123	1:12	0.50	2:41	5:21	16	1:12	123	1:12
Lap 2	9.00	49:20	5:28	20	21:32	155	21:32	9.50	52:01	5:28	20	22:44	155	22:44
Last lap Finish	3.00	21:19	7:06	18	8:59	141	8:59	12.50	1:13:20	5:51	20	31:43	152	31:43