



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

BILLERT, Frank

Club: Bad Tennstedt
Number: 15

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:15:21

Speed: 9.56 km/h
Running performance: 6:02 min/km

Rank in course/Total: 208 (of 267)

Rank in course/Men: 163 (of 196)

Best time in course: 41:37

Rank in category: 30(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 | 2:57 | 5:54 | 33 | 1:24 | 159 | 1:28 | 0.50 | 2:57 | 5:54 | 33 | 1:24 | 159 | 1:28 |
| Lap 2 | 9.00 | 50:11 | 5:34 | 31 | 19:34 | 165 | 22:23 | 9.50 | 53:08 | 5:35 | 31 | 20:58 | 165 | 23:51 |
| Last lap Finish | 3.00 | 22:13 | 7:24 | 30 | 8:29 | 156 | 9:53 | 12.50 | 1:15:21 | 6:01 | 30 | 29:27 | 163 | 33:44 |