



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