



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

RIKIRSCH, Roland

Club: SV Blau Weiss 90 Creuzburg
Number: 168

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M70 (70-74 Jahre)

Total time: 1:16:12

Speed: 9.84 km/h
Running performance: 6:06 min/km

Rank in course/Total: 210 (of 267)

Rank in course/Men: 164 (of 196)

Best time in course: 41:37

Rank in category: 2(of 2)

Best time in the category: 1:03:30

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	0.50	2:59	5:58	2	0:33	164	1:30	0.50	2:59	5:58	2	0:33	164	1:30
Lap 2	9.00	50:46	5:38	2	8:19	166	22:58	9.50	53:45	5:39	2	8:52	168	24:28
Last lap Finish	3.00	22:27	7:29	2	3:50	163	10:07	12.50	1:16:12	6:05	2	12:42	164	34:35