



3Türmelauf  
Bad Langensalza / 22.04.2018

Detailed evaluation

ZÖLLNER, Frank

Club: Team Physiotherapie Ute Zöllner  
Number: 180

Course: 12.50 km  
12,5 km -Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 1:16:53

Speed: 9.76 km/h  
Running performance: 6:09 min/km

Rank in course/Total: 213 (of 267)

Rank in course/Men: 165 (of 196)

Best time in course: 41:37

Rank in category: 21(of 22)

Best time in the category: 48:19

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	2:56	5:51	16	1:22	155	1:27	0.50	2:56	5:51	16	1:22	155	1:27
Lap 2	9.00	49:30	5:30	21	17:13	158	21:42	9.50	52:26	5:31	21	18:35	161	23:09
Last lap Finish	3.00	24:27	8:09	22	10:05	182	12:07	12.50	1:16:53	6:09	21	28:34	165	35:16