



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

ARNDT, Tobias

Club: Erfurt
Number: 44

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:17:12

Speed: 9.33 km/h
Running performance: 6:11 min/km

Rank in course/Total: 215 (of 267)

Rank in course/Men: 167 (of 196)

Best time in course: 41:37

Rank in category: 22(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	3:13	6:26	22	1:39	190	1:44	0.50	3:13	6:26	22	1:39	190	1:44
Lap 2	9.00	50:57	5:39	22	18:40	171	23:09	9.50	54:10	5:42	22	20:19	172	24:53
Last lap Finish	3.00	23:02	7:40	20	8:40	169	10:42	12.50	1:17:12	6:10	22	28:53	167	35:35