



3Türmelauf

Bad Langensalza / 22.04.2018

Detailed evaluation

ERTEL, Frank

Club: Mühlhäuser Laufwölfe

Number: 124

Course: 12.50 km

12,5 km -Lauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 1:17:15

Speed: 9.71 km/h

Running performance: 6:11 min/km

Rank in course/Total: 218 (of 267)

Rank in course/Men: 168 (of 196)

Best time in course: 41:37

Rank in category: 8(of 10)

Best time in the category: 1:01:39

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	0.50	3:04	6:08	10	0:40	180	1:35	0.50	3:04	6:08	10	0:40	180	1:35
Lap 2	9.00	51:06	5:40	9	10:16	172	23:18	9.50	54:10	5:42	9	10:56	172	24:53
Last lap Finish	3.00	23:05	7:41	8	4:40	170	10:45	12.50	1:17:15	6:10	8	15:36	168	35:38