



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

Engler, Winfried

Club: Nägelstedt
Number: 242

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:17:50

Speed: 9.25 km/h
Running performance: 6:14 min/km

Rank in course/Total: 223 (of 267)

Rank in course/Men: 170 (of 196)

Best time in course: 41:37

Rank in category: 31(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	3:00	6:00	34	1:27	168	1:31	0.50	3:00	6:00	34	1:27	168	1:31
Lap 2	9.00	50:54	5:39	32	20:17	168	23:06	9.50	53:54	5:40	33	21:44	169	24:37
Last lap Finish	3.00	23:56	7:58	32	10:12	177	11:36	12.50	1:17:50	6:13	31	31:56	170	36:13