



3Türmelauf  
Bad Langensalza / 22.04.2018

Detailed evaluation

Käppler, Gerd

Club: SV NORMANIATREFFURT  
Number: 267

Course: 12.50 km  
12,5 km -Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 1:18:03

Speed: 9.22 km/h  
Running performance: 6:14 min/km

Rank in course/Total: 228 (of 267)

Rank in course/Men: 175 (of 196)

Best time in course: 41:37

Rank in category: 15(of 18)

Best time in the category: 55:39

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	3:16	6:31	16	1:20	194	1:47	0.50	3:16	6:31	16	1:20	194	1:47
Lap 2	9.00	52:32	5:50	16	15:13	179	24:44	9.50	55:48	5:52	16	16:18	180	26:31
Last lap Finish	3.00	22:15	7:25	14	6:06	157	9:55	12.50	1:18:03	6:14	15	22:24	175	36:26