



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

GÖRING, Matthias

Club: Weimar
Number: 200

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 1:18:16

Speed: 9.20 km/h
Running performance: 6:16 min/km

Rank in course/Total: 230 (of 267)

Rank in course/Men: 176 (of 196)

Best time in course: 41:37

Rank in category: 10(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	0.50	2:47	5:33	5	0:23	141	1:18	0.50	2:47	5:33	5	0:23	141	1:18
Lap 2	9.00	51:45	5:45	10	10:55	175	23:57	9.50	54:32	5:44	10	11:18	175	25:15
Last lap Finish	3.00	23:44	7:54	9	5:19	176	11:24	12.50	1:18:16	6:15	10	16:37	176	36:39