



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

JANNECK, Olaf

Club: Gotha
Number: 72

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:18:43

Speed: 9.53 km/h
Running performance: 6:18 min/km

Rank in course/Total: 234 (of 267)

Rank in course/Men: 179 (of 196)

Best time in course: 41:37

Rank in category: 25(of 30)

Best time in the category: 48:48

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	3:02	6:03	27	1:25	175	1:33	0.50	3:02	6:03	27	1:25	175	1:33
Lap 2	9.00	53:01	5:53	25	20:02	182	25:13	9.50	56:03	5:53	25	21:27	182	26:46
Last lap Finish	3.00	22:40	7:33	24	8:28	165	10:20	12.50	1:18:43	6:17	25	29:55	179	37:06