



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

Ziemann, Ulf

Club: SV Empor
Number: 216

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:19:15

Speed: 9.09 km/h
Running performance: 6:20 min/km

Rank in course/Total: 236 (of 267)

Rank in course/Men: 180 (of 196)

Best time in course: 41:37

Rank in category: 33(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	2:34	5:08	23	1:01	107	1:05	0.50	2:34	5:08	23	1:01	107	1:05
Lap 2	9.00	50:54	5:39	32	20:17	168	23:06	9.50	53:28	5:37	32	21:18	166	24:11
Last lap Finish	3.00	25:47	8:35	34	12:03	188	13:27	12.50	1:19:15	6:20	33	33:21	180	37:38