



3Türmelauf  
Bad Langensalza / 22.04.2018

Detailed evaluation

Heiner, Both

Club: Brueheim  
Number: 285

Course: 12.50 km  
12,5 km -Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 1:18:27

Speed: 9.18 km/h  
Running performance: 6:17 min/km

Rank in course/Total: 232 (of 267)

Rank in course/Men: 177 (of 196)

Best time in course: 41:37

Rank in category: 24(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	3:10	6:19	28	1:33	185	1:41	0.50	3:10	6:19	28	1:33	185	1:41
Lap 2	9.00	52:16	5:48	24	19:17	177	24:28	9.50	55:26	5:50	24	20:50	178	26:09
Last lap Finish	3.00	23:01	7:40	25	8:49	168	10:41	12.50	1:18:27	6:16	24	29:39	177	36:50