



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

Ehrhardt, Michael

Club: Nesselalläufer
Number: 284

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:13:44

Speed: 10.17 km/h
Running performance: 5:54 min/km

Rank in course/Total: 200 (of 267)

Rank in course/Men: 156 (of 196)

Best time in course: 41:37

Rank in category: 23(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	2:58	5:56	23	1:21	160	1:29	0.50	2:58	5:56	23	1:21	160	1:29
Lap 2	9.00	49:27	5:29	22	16:28	157	21:39	9.50	52:25	5:31	23	17:49	160	23:08
Last lap Finish	3.00	21:19	7:06	22	7:07	141	8:59	12.50	1:13:44	5:53	23	24:56	156	32:07