



3Türmelauf  
Bad Langensalza / 22.04.2018

Detailed evaluation

Bechstein, Michael

Club: Sonntagsläufer Tambach-Dietharz  
Number: 287

Course: 12.50 km  
12,5 km -Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 1:22:10

Speed: 8.76 km/h  
Running performance: 6:34 min/km

Rank in course/Total: 246 (of 267)

Rank in course/Men: 186 (of 196)

Best time in course: 41:37

Rank in category: 27(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	2:59	5:58	25	1:22	164	1:30	0.50	2:59	5:58	25	1:22	164	1:30
Lap 2	9.00	54:43	6:04	27	21:44	186	26:55	9.50	57:42	6:04	27	23:06	187	28:25
Last lap Finish	3.00	24:28	8:09	26	10:16	183	12:08	12.50	1:22:10	6:34	27	33:22	186	40:33