



3Türmelauf

Bad Langensalza / 22.04.2018

Detailed evaluation

DR.DÖBEL, Kai-Uwe

Club: Laufgruppe Horst Schmelzer

Number: 92

Course: 12.50 km

12,5 km -Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:24:12

Speed: 8.91 km/h

Running performance: 6:44 min/km

Rank in course/Total: 249 (of 267)

Rank in course/Men: 187 (of 196)

Best time in course: 41:37

Rank in category: 28(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	0.50	2:35	5:10	15	0:58	109	1:06	0.50	2:35	5:10	15	0:58	109	1:06
Lap 2	9.00	55:46	6:11	28	22:47	188	27:58	9.50	58:21	6:08	28	23:45	188	29:04
Last lap Finish	3.00	25:51	8:37	30	11:39	189	13:31	12.50	1:24:12	6:44	28	35:24	187	42:35