



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

ZSCHARNT, Holger

Club: DAV Inselberg
Number: 30

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:25:17

Speed: 8.44 km/h
Running performance: 6:49 min/km

Rank in course/Total: 254 (of 267)

Rank in course/Men: 189 (of 196)

Best time in course: 41:37

Rank in category: 34(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	3:00	6:00	34	1:27	168	1:31	0.50	3:00	6:00	34	1:27	168	1:31
Lap 2	9.00	56:57	6:19	35	26:20	190	29:09	9.50	59:57	6:18	35	27:47	190	30:40
Last lap Finish	3.00	25:20	8:26	33	11:36	186	13:00	12.50	1:25:17	6:49	34	39:23	189	43:40