



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

Knoll, Michael

Club: LG Bad Frankenhausen/Göllingen
Number: 235

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:27:58

Speed: 8.18 km/h
Running performance: 7:02 min/km

Rank in course/Total: 256 (of 267)

Rank in course/Men: 190 (of 196)

Best time in course: 41:37

Rank in category: 30(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	59:57	6:39	30	26:58	192	32:09	9.50	1:02:55	6:37	30	28:19	192	33:38
Last lap Finish	3.00	25:03	8:20	28	10:51	185	12:43	12.50	1:27:58	7:02	30	39:10	190	46:21