



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

DR.LIEBERS, Steffen

Club: Laufgruppe Horst Schmelzer
Number: 91

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:28:57

Speed: 8.09 km/h
Running performance: 7:07 min/km

Rank in course/Total: 258 (of 267)

Rank in course/Men: 191 (of 196)

Best time in course: 41:37

Rank in category: 35(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	2:56	5:51	30	1:23	155	1:27	0.50	2:56	5:51	30	1:23	155	1:27
Lap 2	9.00	58:42	6:31	36	28:05	191	30:54	9.50	1:01:38	6:29	36	29:28	191	32:21
Last lap Finish	3.00	27:19	9:06	35	13:35	191	14:59	12.50	1:28:57	7:06	35	43:03	191	47:20