



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

Dr. Pickert, Lutz

Club: Bad Tennstedt
Number: 223

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:31:59

Speed: 8.15 km/h
Running performance: 7:22 min/km

Rank in course/Total: 261 (of 267)

Rank in course/Men: 193 (of 196)

Best time in course: 41:37

Rank in category: 17(of 18)

Best time in the category: 55:39

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	3:23	6:46	17	1:27	195	1:54	0.50	3:23	6:46	17	1:27	195	1:54
Lap 2	9.00	1:00:55	6:46	17	23:36	194	33:07	9.50	1:04:18	6:46	17	24:48	195	35:01
Last lap Finish	3.00	27:41	9:13	17	11:32	192	15:21	12.50	1:31:59	7:21	17	36:20	193	50:22