



3Türmelauf  
Bad Langensalza / 22.04.2018

Detailed evaluation

Bettführ, Hendrik

Club: Gotha  
Number: 247

Course: 12.50 km  
12,5 km -Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:32:56

Speed: 7.75 km/h  
Running performance: 7:26 min/km

Rank in course/Total: 263 (of 267)

Rank in course/Men: 194 (of 196)

Best time in course: 41:37

Rank in category: 22(of 22)

Best time in the category: 41:37

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	3:09	6:17	22	1:40	184	1:40	0.50	3:09	6:17	22	1:40	184	1:40
Lap 2	9.00	1:00:50	6:45	22	33:02	193	33:02	9.50	1:03:59	6:44	22	34:42	193	34:42
Last lap Finish	3.00	28:57	9:39	22	16:37	195	16:37	12.50	1:32:56	7:26	22	51:19	194	51:19