



3Türmelauf  
Bad Langensalza / 22.04.2018

Detailed evaluation

MEYER, Uwe

Club: PFH Berlin  
Number: 128

Course: 12.50 km  
12,5 km -Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 1:36:52

Speed: 7.74 km/h  
Running performance: 7:45 min/km

Rank in course/Total: 265 (of 267)

Rank in course/Men: 195 (of 196)

Best time in course: 41:37

Rank in category: 18(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	3:36	7:12	18	1:40	196	2:07	0.50	3:36	7:12	18	1:40	196	2:07
Lap 2	9.00	1:04:35	7:10	18	27:16	196	36:47	9.50	1:08:11	7:10	18	28:41	196	38:54
Last lap Finish	3.00	28:41	9:33	18	12:32	194	16:21	12.50	1:36:52	7:44	18	41:13	195	55:15