



3Türmelauf  
Bad Langensalza / 22.04.2018

Detailed evaluation

PREHL, Heiko

Club: Salza Gymnasium  
Number: 138

Course: 12.50 km  
12,5 km -Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 56:15

Speed: 12.80 km/h  
Running performance: 4:30 min/km

Rank in course/Total: 31 (of 267)

Rank in course/Men: 30 (of 196)

Best time in course: 41:37

Rank in category: 6(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	2:08	4:15	6	0:31	49	0:39	0.50	2:08	4:15	6	0:31	49	0:39
Lap 2	9.00	37:28	4:09	5	4:29	29	9:40	9.50	39:36	4:10	5	5:00	29	10:19
Last lap Finish	3.00	16:39	5:32	7	2:27	33	4:19	12.50	56:15	4:30	6	7:27	30	14:38