



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

KÖHLER, Conny

Club: Salza Gymnasium
Number: 142

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:10:17

Speed: 10.67 km/h
Running performance: 5:37 min/km

Rank in course/Total: 163 (of 267)

Rank in course/Men: 134 (of 196)

Best time in course: 41:37

Rank in category: 24(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	2:49	5:38	29	1:16	144	1:20	0.50	2:49	5:38	29	1:16	144	1:20
Lap 2	9.00	46:50	5:12	25	16:13	141	19:02	9.50	49:39	5:13	26	17:29	142	20:22
Last lap Finish	3.00	20:38	6:52	22	6:54	129	8:18	12.50	1:10:17	5:37	24	24:23	134	28:40