



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

AHKE, Thomas

Club: VR Bank
Number: 1032

Course: 5.00 km
5 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 23:08

Speed: 12.97 km/h
Running performance: 4:38 min/km

Rank in course/Total: 13 (of 232)

Rank in course/Men: 11 (of 136)

Best time in course: 18:55

Rank in category: 1(of 10)

Best time in the category: 23:08

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	0.50	2:33	5:05	3	0:26	58	1:00	0.50	2:33	5:05	3	0:26	58	1:00
Lap 2	4.00	18:27	4:36	1	-	9	2:56	4.50	21:00	4:40	1	-	12	3:56
Last lap Finish	0.50	2:08	4:15	1	-	19	0:18	5.00	23:08	4:37	1	-	11	4:13