



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

SCHMIDT, Alain

Club: Nöda
Number: 1087

Course: 5.00 km
5 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 24:32

Speed: 12.23 km/h
Running performance: 4:55 min/km

Rank in course/Total: 31 (of 232)

Rank in course/Men: 26 (of 136)

Best time in course: 18:55

Rank in category: 1(of 4)

Best time in the category: 24:32

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	1:51	3:42	1	-	15	0:18	0.50	1:51	3:42	1	-	15	0:18
Lap 2	4.00	20:19	5:04	1	-	29	4:48	4.50	22:10	4:55	1	-	24	5:06
Last lap Finish	0.50	2:22	4:44	1	-	49	0:32	5.00	24:32	4:54	1	-	26	5:37