



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

PAUL, Denis

Club: Kirchheilingen
Number: 1076

Course: 5.00 km
5 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 25:59

Speed: 11.55 km/h
Running performance: 5:12 min/km

Rank in course/Total: 58 (of 232)

Rank in course/Men: 45 (of 136)

Best time in course: 18:55

Rank in category: 3(of 11)

Best time in the category: 25:13

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	2:12	4:24	3	0:08	37	0:39	0.50	2:12	4:24	3	0:08	37	0:39
Lap 2	4.00	21:28	5:21	3	1:15	46	5:57	4.50	23:40	5:15	3	0:45	45	6:36
Last lap Finish	0.50	2:19	4:38	2	0:01	43	0:29	5.00	25:59	5:11	3	0:46	45	7:04