



3Türmelauf

Bad Langensalza / 22.04.2018

Detailed evaluation

ADAM, Wolfgang

Club: Diroba GmbH & Co.KG

Number: 1039

Course: 5.00 km

5 km - Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 25:49

Speed: 11.62 km/h

Running performance: 5:10 min/km

Rank in course/Total: 55 (of 232)

Rank in course/Men: 42 (of 136)

Best time in course: 18:55

Rank in category: 2(of 5)

Best time in the category: 25:42

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	2:26	4:51	2	0:12	47	0:53	0.50	2:26	4:51	2	0:12	47	0:53
Lap 2	4.00	20:56	5:14	1	-	38	5:25	4.50	23:22	5:11	2	0:01	38	6:18
Last lap Finish	0.50	2:27	4:54	2	0:06	65	0:37	5.00	25:49	5:09	2	0:07	42	6:54