



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

THÜRINGER, Michael

Club: DRK Mühlhausen
Number: 1040

Course: 5.00 km
5 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 27:46

Speed: 10.80 km/h
Running performance: 5:33 min/km

Rank in course/Total: 95 (of 232)

Rank in course/Men: 77 (of 136)

Best time in course: 18:55

Rank in category: 7(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	2:29	4:58	5	0:25	53	0:56	0.50	2:29	4:58	5	0:25	53	0:56
Lap 2	4.00	22:41	5:40	7	2:28	75	7:10	4.50	25:10	5:35	7	2:15	76	8:06
Last lap Finish	0.50	2:36	5:12	6	0:18	86	0:46	5.00	27:46	5:33	7	2:33	77	8:51