



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

GARY, Dominik

Club: Fahrdienst Gary
Number: 1045

Course: 5.00 km
5 km - Lauf

Category:
Männer (20-29 Jahre)

Total time: 26:40

Speed: 11.25 km/h
Running performance: 5:20 min/km

Rank in course/Total: 69 (of 232)

Rank in course/Men: 55 (of 136)

Best time in course: 18:55

Rank in category: 5(of 8)

Best time in the category: 19:23

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	2:34	5:08	5	0:54	62	1:01	0.50	2:34	5:08	5	0:54	62	1:01
Lap 2	4.00	21:41	5:25	5	5:50	52	6:10	4.50	24:15	5:23	5	6:44	56	7:11
Last lap Finish	0.50	2:25	4:49	5	0:33	58	0:35	5.00	26:40	5:20	5	7:17	55	7:45