



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

Rexhäuser, Ron

Club: Erfurt
Number: 1255

Course: 5.00 km
5 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 27:30

Speed: 10.91 km/h
Running performance: 5:30 min/km

Rank in course/Total: 89 (of 232)

Rank in course/Men: 72 (of 136)

Best time in course: 18:55

Rank in category: 8(of 14)

Best time in the category: 23:40

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	2:54	5:47	8	1:04	97	1:21	0.50	2:54	5:47	8	1:04	97	1:21
Lap 2	4.00	22:08	5:31	6	2:55	61	6:37	4.50	25:02	5:33	7	3:45	71	7:58
Last lap Finish	0.50	2:28	4:56	5	0:24	72	0:38	5.00	27:30	5:30	8	3:50	72	8:35