



3Türmelauf  
Bad Langensalza / 22.04.2018

Detailed evaluation

Bärhold, Ingo

Club: SG Merxleben 1921  
Number: 1245

Course: 5.00 km  
5 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 27:28

Speed: 10.92 km/h  
Running performance: 5:29 min/km

Rank in course/Total: 86 (of 232)

Rank in course/Men: 70 (of 136)

Best time in course: 18:55

Rank in category: 6(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	2:33	5:05	6	0:29	58	1:00	0.50	2:33	5:05	6	0:29	58	1:00
Lap 2	4.00	22:28	5:36	6	2:15	71	6:57	4.50	25:01	5:33	6	2:06	70	7:57
Last lap Finish	0.50	2:27	4:54	4	0:09	65	0:37	5.00	27:28	5:29	6	2:15	70	8:33