



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

JUNG, Marcus

Club: GKN Sinter Metals Bad Langensalza
Number: 1064

Course: 5.00 km
5 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 27:12

Speed: 11.03 km/h
Running performance: 5:26 min/km

Rank in course/Total: 78 (of 232)

Rank in course/Men: 61 (of 136)

Best time in course: 18:55

Rank in category: 6(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	2:56	5:51	9	1:06	101	1:23	0.50	2:56	5:51	9	1:06	101	1:23
Lap 2	4.00	22:08	5:31	6	2:55	61	6:37	4.50	25:04	5:34	8	3:47	74	8:00
Last lap Finish	0.50	2:08	4:15	2	0:04	19	0:18	5.00	27:12	5:26	6	3:32	61	8:17