



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

THOMALLA, Steffen

Club: Diroba GmbH & Co.KG
Number: 1036

Course: 5.00 km
5 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 26:52
Speed: 11.17 km/h
Running performance: 5:22 min/km
Rank in course/Total: 73 (of 232)
Rank in course/Men: 58 (of 136)
Best time in course: 18:55
Rank in category: 5(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	2:38	5:15	6	0:48	70	1:05	0.50	2:38	5:15	6	0:48	70	1:05
Lap 2	4.00	21:36	5:24	4	2:23	48	6:05	4.50	24:14	5:23	5	2:57	53	7:10
Last lap Finish	0.50	2:38	5:15	9	0:34	88	0:48	5.00	26:52	5:22	5	3:12	58	7:57