



**3Türmelauf**  
Bad Langensalza / 22.04.2018

Detailed evaluation

**FITZNER, Martin**

Club: Bad Tennstedt  
Number: 1019

Course: 5.00 km  
5 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 27:25

Speed: 10.94 km/h  
Running performance: 5:29 min/km

Rank in course/Total: 83 (of 232)

Rank in course/Men: 68 (of 136)

Best time in course: 18:55

Rank in category: 7(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	2:25	4:49	4	0:35	46	0:52	0.50	2:25	4:49	4	0:35	46	0:52
Lap 2	4.00	22:25	5:36	8	3:12	70	6:54	4.50	24:50	5:31	6	3:33	63	7:46
Last lap Finish	0.50	2:35	5:10	8	0:31	84	0:45	5.00	27:25	5:29	7	3:45	68	8:30