



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

RöTH, Martin

Club: B.L. Sharks
Number: 1006

Course: 5.00 km
5 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 26:35

Speed: 11.29 km/h
Running performance: 5:19 min/km

Rank in course/Total: 64 (of 232)

Rank in course/Men: 50 (of 136)

Best time in course: 18:55

Rank in category: 4(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	2:44	5:28	7	0:54	85	1:11	0.50	2:44	5:28	7	0:54	85	1:11
Lap 2	4.00	21:19	5:19	3	2:06	44	5:48	4.50	24:03	5:20	4	2:46	50	6:59
Last lap Finish	0.50	2:32	5:03	7	0:28	82	0:42	5.00	26:35	5:18	4	2:55	50	7:40