



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

SÜßENGUTH, Clemens

Club: FSV Preußen
Number: 1049

Course: 5.00 km
5 km - Lauf

Category:
Männer (20-29 Jahre)

Total time: 28:58
Speed: 10.36 km/h
Running performance: 5:47 min/km
Rank in course/Total: 105 (of 232)
Rank in course/Men: 81 (of 136)
Best time in course: 18:55
Rank in category: 6(of 8)
Best time in the category: 19:23

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	3:03	6:05	8	1:23	116	1:30	0.50	3:03	6:05	8	1:23	116	1:30
Lap 2	4.00	23:25	5:51	6	7:34	80	7:54	4.50	26:28	5:52	6	8:57	81	9:24
Last lap Finish	0.50	2:30	5:00	6	0:38	76	0:40	5.00	28:58	5:47	6	9:35	81	10:03