



3Türmelauf  
Bad Langensalza / 22.04.2018

Detailed evaluation

KRAUß, Rainer

Club: Bad Langensalza  
Number: 1012

Course: 5.00 km  
5 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 29:30

Speed: 10.17 km/h  
Running performance: 5:54 min/km

Rank in course/Total: 116 (of 232)

Rank in course/Men: 85 (of 136)

Best time in course: 18:55

Rank in category: 6(of 10)

Best time in the category: 23:08

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	8	0:49	101	1:23	0.50	2:56	5:51	8	0:49	101	1:23
Lap 2	4.00	23:52	5:58	5	5:25	83	8:21	4.50	26:48	5:57	6	5:48	84	9:44
Last lap Finish	0.50	2:42	5:24	6	0:34	92	0:52	5.00	29:30	5:54	6	6:22	85	10:35