



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

Leuchtmann, Mark

Club: SV Empor Bad Langensalza Boxen
Number: 1216

Course: 5.00 km
5 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 29:38
Speed: 10.12 km/h
Running performance: 5:56 min/km
Rank in course/Total: 118 (of 232)
Rank in course/Men: 87 (of 136)
Best time in course: 18:55
Rank in category: 7(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	3:00	6:00	9	0:53	110	1:27	0.50	3:00	6:00	9	0:53	110	1:27
Lap 2	4.00	23:54	5:58	6	5:27	85	8:23	4.50	26:54	5:58	7	5:54	86	9:50
Last lap Finish	0.50	2:44	5:28	8	0:36	95	0:54	5.00	29:38	5:55	7	6:30	87	10:43