



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

Martin, Loewe

Club: Thüringer HC
Number: 1246

Course: 5.00 km
5 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 29:47

Speed: 10.07 km/h
Running performance: 5:58 min/km

Rank in course/Total: 123 (of 232)

Rank in course/Men: 89 (of 136)

Best time in course: 18:55

Rank in category: 10(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	0.50	2:59	5:58	10	1:09	107	1:26	0.50	2:59	5:58	10	1:09	107	1:26
Lap 2	4.00	24:03	6:00	10	4:50	86	8:32	4.50	27:02	6:00	10	5:45	87	9:58
Last lap Finish	0.50	2:45	5:30	10	0:41	98	0:55	5.00	29:47	5:57	10	6:07	89	10:52