



3Türmelauf  
Bad Langensalza / 22.04.2018

Detailed evaluation

GÖRKE, Dominik

Club: Flughafen Erfurt-Weimar / Fuelservice  
Number: 1046

Course: 5.00 km  
5 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 30:32

Speed: 9.83 km/h  
Running performance: 6:07 min/km

Rank in course/Total: 143 (of 232)

Rank in course/Men: 99 (of 136)

Best time in course: 18:55

Rank in category: 9(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	3:04	6:08	10	0:57	120	1:31	0.50	3:04	6:08	10	0:57	120	1:31
Lap 2	4.00	24:54	6:13	9	6:27	96	9:23	4.50	27:58	6:12	9	6:58	102	10:54
Last lap Finish	0.50	2:34	5:08	5	0:26	83	0:44	5.00	30:32	6:06	9	7:24	99	11:37