



3Türmelauf  
Bad Langensalza / 22.04.2018

Detailed evaluation

**KRAUS, Roman**

Club: BSG Sparkasse UH  
Number: 1022

Course: 5.00 km  
5 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 30:20

Speed: 9.89 km/h  
Running performance: 6:04 min/km

Rank in course/Total: 142 (of 232)

Rank in course/Men: 98 (of 136)

Best time in course: 18:55

Rank in category: 9(of 11)

Best time in the category: 25:13

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	3:01	6:01	10	0:57	111	1:28	0.50	3:01	6:01	10	0:57	111	1:28
Lap 2	4.00	24:35	6:08	9	4:22	92	9:04	4.50	27:36	6:08	9	4:41	94	10:32
Last lap Finish	0.50	2:44	5:28	8	0:26	95	0:54	5.00	30:20	6:03	9	5:07	98	11:25