



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

HENNING, Rainer

Club: Großvargula
Number: 1067

Course: 5.00 km
5 km - Lauf

Category:
Senioren M70 (70-74 Jahre)

Total time: 30:39

Speed: 9.79 km/h
Running performance: 6:08 min/km

Rank in course/Total: 146 (of 232)

Rank in course/Men: 102 (of 136)

Best time in course: 18:55

Rank in category: 1(of 2)

Best time in the category: 30:39

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	2:43	5:26	1	-	83	1:10	0.50	2:43	5:26	1	-	83	1:10
Lap 2	4.00	25:00	6:15	1	-	100	9:29	4.50	27:43	6:09	1	-	98	10:39
Last lap Finish	0.50	2:56	5:51	1	-	112	1:06	5.00	30:39	6:07	1	-	102	11:44