



3Türmelauf

Bad Langensalza / 22.04.2018

Detailed evaluation

LUDEWIG, Stephan

Club: SV Empor Bad Langensalza Boxen

Number: 1193

Course: 5.00 km

5 km - Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 29:38

Speed: 10.12 km/h

Running performance: 5:56 min/km

Rank in course/Total: 119 (of 232)

Rank in course/Men: 87 (of 136)

Best time in course: 18:55

Rank in category: 7(of 9)

Best time in the category: 19:36

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	8	1:22	111	1:28	0.50	3:01	6:01	8	1:22	111	1:28
Lap 2	4.00	23:52	5:58	7	7:48	83	8:21	4.50	26:53	5:58	7	9:10	85	9:49
Last lap Finish	0.50	2:45	5:30	6	0:52	98	0:55	5.00	29:38	5:55	7	10:02	87	10:43