



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

Hoffmann, Martin

Club: Bad Langensalza
Number: 1235

Course: 5.00 km
5 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 31:14

Speed: 9.61 km/h
Running performance: 6:15 min/km

Rank in course/Total: 157 (of 232)

Rank in course/Men: 105 (of 136)

Best time in course: 18:55

Rank in category: 3(of 5)

Best time in the category: 25:42

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	3:09	6:17	4	0:55	129	1:36	0.50	3:09	6:17	4	0:55	129	1:36
Lap 2	4.00	25:15	6:18	3	4:19	104	9:44	4.50	28:24	6:18	3	5:03	106	11:20
Last lap Finish	0.50	2:50	5:40	3	0:29	104	1:00	5.00	31:14	6:14	3	5:32	105	12:19