



**3Türmelauf**  
Bad Langensalza / 22.04.2018

Detailed evaluation

**Kühn, Steffen**

Club: Bad Langensalza  
Number: 1238

Course: 5.00 km  
5 km - Lauf

Category:  
Männer (20-29 Jahre)

Total time: 32:23

Speed: 9.26 km/h  
Running performance: 6:29 min/km

Rank in course/Total: 176 (of 232)

Rank in course/Men: 115 (of 136)

Best time in course: 18:55

Rank in category: 8(of 8)

Best time in the category: 19:23

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	2:52	5:44	6	1:12	95	1:19	0.50	2:52	5:44	6	1:12	95	1:19
Lap 2	4.00	26:15	6:33	8	10:24	110	10:44	4.50	29:07	6:28	8	11:36	114	12:03
Last lap Finish	0.50	3:16	6:31	8	1:24	125	1:26	5.00	32:23	6:28	8	13:00	115	13:28