



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

KOHR, Benjamin

Club: Jesus-Haus Gemeinde e.V.
Number: 1075

Course: 5.00 km
5 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 28:47

Speed: 10.42 km/h
Running performance: 5:46 min/km

Rank in course/Total: 102 (of 232)

Rank in course/Men: 80 (of 136)

Best time in course: 18:55

Rank in category: 9(of 14)

Best time in the category: 23:40

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	3:06	6:12	12	1:16	126	1:33	0.50	3:06	6:12	12	1:16	126	1:33
Lap 2	4.00	23:16	5:48	9	4:03	79	7:45	4.50	26:22	5:51	9	5:05	80	9:18
Last lap Finish	0.50	2:25	4:49	4	0:21	58	0:35	5.00	28:47	5:45	9	5:07	80	9:52