



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

RINGMANN, Ronny

Club: DaRoTel
Number: 1027

Course: 5.00 km
5 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 33:31

Speed: 8.95 km/h
Running performance: 6:42 min/km

Rank in course/Total: 189 (of 232)

Rank in course/Men: 120 (of 136)

Best time in course: 18:55

Rank in category: 11(of 11)

Best time in the category: 25:13

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 | 2:45 | 5:30 | 9 | 0:41 | 87 | 1:12 | 0.50 | 2:45 | 5:30 | 9 | 0:41 | 87 | 1:12 |
| Lap 2 | 4.00 | 27:42 | 6:55 | 11 | 7:29 | 120 | 12:11 | 4.50 | 30:27 | 6:46 | 11 | 7:32 | 120 | 13:23 |
| Last lap Finish | 0.50 | 3:04 | 6:08 | 11 | 0:46 | 117 | 1:14 | 5.00 | 33:31 | 6:42 | 11 | 8:18 | 120 | 14:36 |