



# 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		Total		Total		Total ranking	
						Pos Men	Behind Men	km	Time	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	