



# 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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total       |               | Total           |             | Total          |            | Total ranking |  |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|--|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>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         |  |