



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

STEINMTZ, Philipp

Club: FSV Preußen
Number: 1050

Course: 5.00 km
5 km - Lauf

Category:
Männer (20-29 Jahre)

Total time: 30:36
Speed: 9.80 km/h
Running performance: 6:07 min/km
Rank in course/Total: 145 (of 232)
Rank in course/Men: 101 (of 136)
Best time in course: 18:55
Rank in category: 7(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	2:27	4:54	4	0:47	48	0:54	0.50	2:27	4:54	4	0:47	48	0:54
Lap 2	4.00	25:18	6:19	7	9:27	105	9:47	4.50	27:45	6:10	7	10:14	99	10:41
Last lap Finish	0.50	2:51	5:42	7	0:59	106	1:01	5.00	30:36	6:07	7	11:13	101	11:41