



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

JUNG, Sebastian

Club: 70 Liter
Number: 1003

Course: 5.00 km
5 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 31:19

Speed: 9.58 km/h
Running performance: 6:16 min/km

Rank in course/Total: 159 (of 232)

Rank in course/Men: 106 (of 136)

Best time in course: 18:55

Rank in category: 11(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	3:12	6:24	13	1:22	131	1:39	0.50	3:12	6:24	13	1:22	131	1:39
Lap 2	4.00	25:03	6:15	11	5:50	101	9:32	4.50	28:15	6:16	11	6:58	104	11:11
Last lap Finish	0.50	3:04	6:08	12	1:00	117	1:14	5.00	31:19	6:15	11	7:39	106	12:24