



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

FRIEDRICH, Adrian

Club: CrossFit Erfurt
Number: 1025

Course: 5.00 km
5 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 19:36
Speed: 15.31 km/h
Running performance: 3:55 min/km
Rank in course/Total: 3 (of 232)
Rank in course/Men: 3 (of 136)
Best time in course: 18:55
Rank in category: 1(of 9)
Best time in the category: 19:36

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	1:39	3:17	1	-	2	0:06	0.50	1:39	3:17	1	-	2	0:06
Lap 2	4.00	16:04	4:00	1	-	3	0:33	4.50	17:43	3:56	1	-	3	0:39
Last lap Finish	0.50	1:53	3:46	1	-	4	0:03	5.00	19:36	3:55	1	-	3	0:41