



3Türmelauf  
Bad Langensalza / 22.04.2018

Detailed evaluation

DEMBECK, Nils

Club: DaRoTel  
Number: 1030

Course: 5.00 km  
5 km - Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 21:32

Speed: 13.93 km/h  
Running performance: 4:19 min/km

Rank in course/Total: 7 (of 232)

Rank in course/Men: 6 (of 136)

Best time in course: 18:55

Rank in category: 2(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	1:46	3:31	2	0:07	6	0:13	0.50	1:46	3:31	2	0:07	6	0:13
Lap 2	4.00	17:36	4:24	2	1:32	6	2:05	4.50	19:22	4:18	2	1:39	6	2:18
Last lap Finish	0.50	2:10	4:19	3	0:17	26	0:20	5.00	21:32	4:18	2	1:56	6	2:37