



3Türmelauf  
Bad Langensalza / 22.04.2018

Detailed evaluation

KEIL, Florian

Club: Rote Erde Urleben  
Number: 1096

Course: 5.00 km  
5 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 23:40

Speed: 12.68 km/h  
Running performance: 4:44 min/km

Rank in course/Total: 19 (of 232)

Rank in course/Men: 15 (of 136)

Best time in course: 18:55

Rank in category: 1(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	2:08	4:15	3	0:18	32	0:35	0.50	2:08	4:15	3	0:18	32	0:35
Lap 2	4.00	19:28	4:51	2	0:15	15	3:57	4.50	21:36	4:48	2	0:19	18	4:32
Last lap Finish	0.50	2:04	4:08	1	-	13	0:14	5.00	23:40	4:44	1	-	15	4:45