



**3Türmelauf**  
Bad Langensalza / 22.04.2018

Detailed evaluation

**ROMMEIS, Martin**

Club: Erfurt  
Number: 1041

Course: 5.00 km  
5 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 25:51  
Speed: 11.61 km/h  
Running performance: 5:10 min/km  
Rank in course/Total: 57 (of 232)  
Rank in course/Men: 44 (of 136)  
Best time in course: 18:55  
Rank in category: 3(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	1:50	3:39	1	-	12	0:17	0.50	1:50	3:39	1	-	12	0:17
Lap 2	4.00	21:43	5:25	5	2:30	55	6:12	4.50	23:33	5:14	3	2:16	43	6:29
Last lap Finish	0.50	2:18	4:35	3	0:14	41	0:28	5.00	25:51	5:10	3	2:11	44	6:56