



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       |