



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Frank, Bauer

Club: Salzaläufer
Number: 1252

Course: 5.00 km
5 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 18:38

Speed: 16.10 km/h
Running performance: 3:44 min/km

Rank in course/Total: 2 (of 238)

Rank in course/Men: 2 (of 130)

Best time in course: 17:44

Rank in category: 1(of 11)

Best time in the category: 18:38

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	4.55	17:07	3:45	1	-	3	7:51	4.55	17:07	3:45	1	-	3	7:51
Last lap Finish	0.45	1:31	3:22	1	-	7	0:14	5.00	18:38	3:43	1	-	2	0:54