



3Türmelauf

Bad Langensalza / 14.04.2019

Detailed evaluation

Dembeck, Nils

Club: DaRoTel

Number: 1066

Course: 5.00 km

5 km - Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 19:26

Speed: 15.44 km/h

Running performance: 3:53 min/km

Rank in course/Total: 3 (of 238)

Rank in course/Men: 3 (of 130)

Best time in course: 17:44

Rank in category: 1(of 9)

Best time in the category: 19:26

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	4.55	17:51	3:55	1	-	4	8:35	4.55	17:51	3:55	1	-	4	8:35
Last lap Finish	0.45	1:35	3:31	1	-	10	0:18	5.00	19:26	3:53	1	-	3	1:42