



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Hormann, Max

Club: Schönstedt
Number: 1026

Course: 5.00 km
5 km - Lauf

Category:
Männer (20-29 Jahre)

Total time: 22:12

Speed: 13.51 km/h
Running performance: 4:26 min/km

Rank in course/Total: 11 (of 238)

Rank in course/Men: 9 (of 130)

Best time in course: 17:44

Rank in category: 2(of 16)

Best time in the category: 17:44

| 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 | 4.55 | 20:37 | 4:31 | 2 | 4:10 | 11 | 11:21 | 4.55 | 20:37 | 4:31 | 2 | 4:10 | 11 | 11:21 |
| Last lap Finish | 0.45 | 1:35 | 3:31 | 2 | 0:18 | 10 | 0:18 | 5.00 | 22:12 | 4:26 | 2 | 4:28 | 9 | 4:28 |