



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