



3Türmelauf

Bad Langensalza / 14.04.2019

Detailed evaluation

Zollitsch, Nick

Club: Bad Langensalza

Number: 1259

Course: 5.00 km

5 km - Lauf

Category:

Männer (20-29 Jahre)

Total time: 22:19

Speed: 13.44 km/h

Running performance: 4:28 min/km

Rank in course/Total: 13 (of 238)

Rank in course/Men: 11 (of 130)

Best time in course: 17:44

Rank in category: 3(of 16)

Best time in the category: 17:44

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	20:40	4:32	3	4:13	12	11:24	4.55	20:40	4:32	3	4:13	12	11:24
Last lap Finish	0.45	1:39	3:39	4	0:22	19	0:22	5.00	22:19	4:27	3	4:35	11	4:35