



3Türmelauf  
Bad Langensalza / 14.04.2019

Detailed evaluation

Kleindienst, Jörg

Club: mc Langensalza  
Number: 1200

Course: 5.00 km  
5 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 22:25

Speed: 13.38 km/h  
Running performance: 4:29 min/km

Rank in course/Total: 15 (of 238)

Rank in course/Men: 12 (of 130)

Best time in course: 17:44

Rank in category: 2(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	4.55	20:42	4:32	2	3:35	13	11:26	4.55	20:42	4:32	2	3:35	13	11:26
Last lap Finish	0.45	1:43	3:48	2	0:12	31	0:26	5.00	22:25	4:29	2	3:47	12	4:41