



3Türmelauf  
Bad Langensalza / 14.04.2019

Detailed evaluation

Schmidt, Alain

Club: Nöda  
Number: 1046

Course: 5.00 km  
5 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 22:48  
Speed: 13.16 km/h  
Running performance: 4:34 min/km  
Rank in course/Total: 20 (of 238)  
Rank in course/Men: 15 (of 130)  
Best time in course: 17:44  
Rank in category: 1(of 5)  
Best time in the category: 22:48

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	21:02	4:37	1	-	15	11:46	4.55	21:02	4:37	1	-	15	11:46
Last lap Finish	0.45	1:46	3:55	1	-	42	0:29	5.00	22:48	4:33	1	-	15	5:04