



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Hartung, Christian

Club: SV Creaton Großgotttern
Number: 1106

Course: 5.00 km
5 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 23:06

Speed: 12.99 km/h
Running performance: 4:37 min/km

Rank in course/Total: 26 (of 238)

Rank in course/Men: 19 (of 130)

Best time in course: 17:44

Rank in category: 2(of 12)

Best time in the category: 22:13

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	4.55	21:23	4:41	2	0:48	20	12:07	4.55	21:23	4:41	2	0:48	20	12:07
Last lap Finish	0.45	1:43	3:48	3	0:07	31	0:26	5.00	23:06	4:37	2	0:53	19	5:22