



3Türmelauf

Bad Langensalza / 14.04.2019

Detailed evaluation

Hölzer, Johannes

Club: Stadt Bad Langensalza / Stadtläufer
Number: 1096

Course: 5.00 km
5 km - Lauf

Category:
Männer (20-29 Jahre)

Total time: 23:08

Speed: 12.97 km/h

Running performance: 4:38 min/km

Rank in course/Total: 27 (of 238)

Rank in course/Men: 20 (of 130)

Best time in course: 17:44

Rank in category: 5(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	21:30	4:43	5	5:03	21	12:14	4.55	21:30	4:43	5	5:03	21	12:14
Last lap Finish	0.45	1:38	3:37	3	0:21	16	0:21	5.00	23:08	4:37	5	5:24	20	5:24