



3Türmelauf

Bad Langensalza / 14.04.2019

Detailed evaluation

Sebastian, Eichel

Club: Sonntagsläufer Tambach Dietharz
Number: 1258

Course: 5.00 km
5 km - Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 23:28

Speed: 12.78 km/h

Running performance: 4:41 min/km

Rank in course/Total: 31 (of 238)

Rank in course/Men: 22 (of 130)

Best time in course: 17:44

Rank in category: 1(of 13)

Best time in the category: 23:28

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	21:41	4:45	1	-	22	12:25	4.55	21:41	4:45	1	-	22	12:25
Last lap Finish	0.45	1:47	3:57	5	0:08	46	0:30	5.00	23:28	4:41	1	-	22	5:44