



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Höpfner, André

Club: Schönstedt
Number: 1025

Course: 5.00 km
5 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 23:50

Speed: 12.59 km/h
Running performance: 4:46 min/km

Rank in course/Total: 36 (of 238)

Rank in course/Men: 26 (of 130)

Best time in course: 17:44

Rank in category: 3(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	21:55	4:49	3	1:20	26	12:39	4.55	21:55	4:49	3	1:20	26	12:39
Last lap Finish	0.45	1:55	4:15	6	0:19	65	0:38	5.00	23:50	4:46	3	1:37	26	6:06