



3Türmelauf

Bad Langensalza / 14.04.2019

Detailed evaluation

Schönthal, Max

Club: Stadt Bad Langensalza / Stadtläufer
Number: 1098

Course: 5.00 km
5 km - Lauf

Category:
Männer (20-29 Jahre)

Total time: 23:50

Speed: 12.59 km/h

Running performance: 4:46 min/km

Rank in course/Total: 37 (of 238)

Rank in course/Men: 26 (of 130)

Best time in course: 17:44

Rank in category: 6(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	22:02	4:50	6	5:35	27	12:46	4.55	22:02	4:50	6	5:35	27	12:46
Last lap Finish	0.45	1:48	4:00	8	0:31	49	0:31	5.00	23:50	4:46	6	6:06	26	6:06