



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Dembeck, Tino

Club: DaRoTel
Number: 1067

Course: 5.00 km
5 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 24:04
Speed: 12.47 km/h
Running performance: 4:49 min/km
Rank in course/Total: 41 (of 238)
Rank in course/Men: 30 (of 130)
Best time in course: 17:44
Rank in category: 4(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	4.55	22:28	4:56	4	1:53	33	13:12	4.55	22:28	4:56	4	1:53	33	13:12
Last lap Finish	0.45	1:36	3:33	1	-	13	0:19	5.00	24:04	4:48	4	1:51	30	6:20