



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Schrauf, Ronny

Club: Friedrichrida
Number: 1243

Course: 5.00 km
5 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 24:13
Speed: 12.39 km/h
Running performance: 4:50 min/km
Rank in course/Total: 44 (of 238)
Rank in course/Men: 33 (of 130)
Best time in course: 17:44
Rank in category: 3(of 9)
Best time in the category: 19:26

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 | 22:30 | 4:56 | 4 | 4:39 | 35 | 13:14 | 4.55 | 22:30 | 4:56 | 4 | 4:39 | 35 | 13:14 |
| Last lap Finish | 0.45 | 1:43 | 3:48 | 2 | 0:08 | 31 | 0:26 | 5.00 | 24:13 | 4:50 | 3 | 4:47 | 33 | 6:29 |