



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