



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Thomalla, Steffen

Club: DIROBA
Number: 1075

Course: 5.00 km
5 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 24:10
Speed: 12.41 km/h
Running performance: 4:50 min/km
Rank in course/Total: 42 (of 238)
Rank in course/Men: 31 (of 130)
Best time in course: 17:44
Rank in category: 2(of 13)
Best time in the category: 23:28

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	22:25	4:55	2	0:44	32	13:09	4.55	22:25	4:55	2	0:44	32	13:09
Last lap Finish	0.45	1:45	3:53	2	0:06	40	0:28	5.00	24:10	4:50	2	0:42	31	6:26