



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	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	22:25	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