



# 3Türmelauf

Bad Langensalza / 14.04.2019

## Detailed evaluation

**Leinhos, Jens-Uwe**

Club: Salza-Gymnasium

Number: 1160

Course: 5.00 km

5 km - Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 24:11

Speed: 12.41 km/h

Running performance: 4:50 min/km

Rank in course/Total: 43 (of 238)

Rank in course/Men: 32 (of 130)

Best time in course: 17:44

Rank in category: 2(of 9)

Best time in the category: 19:26

### 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	22:18	4:54	2	4:27	30	13:02	4.55	22:18	4:54	2	4:27	30	13:02
Last lap Finish	0.45	1:53	4:11	4	0:18	60	0:36	5.00	24:11	4:50	2	4:45	32	6:27