



3Türmelauf

Bad Langensalza / 14.04.2019

Detailed evaluation

Seeber, Bernhard

Club: SWL-ENERGIE-TEAM

Number: 1121

Course: 5.00 km

5 km - Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 24:23

Speed: 12.30 km/h

Running performance: 4:53 min/km

Rank in course/Total: 49 (of 238)

Rank in course/Men: 37 (of 130)

Best time in course: 17:44

Rank in category: 1(of 6)

Best time in the category: 24:23

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	22:36	4:58	1	-	40	13:20	4.55	22:36	4:58	1	-	40	13:20
Last lap Finish	0.45	1:47	3:57	2	0:07	46	0:30	5.00	24:23	4:52	1	-	37	6:39