



3Türmelauf

Bad Langensalza / 14.04.2019

Detailed evaluation

Adam, Wolfgang

Club: DIROBA

Number: 1071

Course: 5.00 km

5 km - Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 24:37

Speed: 12.19 km/h

Running performance: 4:55 min/km

Rank in course/Total: 54 (of 238)

Rank in course/Men: 41 (of 130)

Best time in course: 17:44

Rank in category: 3(of 11)

Best time in the category: 18:38

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	22:48	5:00	3	5:41	41	13:32	4.55	22:48	5:00	3	5:41	41	13:32
Last lap Finish	0.45	1:49	4:02	4	0:18	54	0:32	5.00	24:37	4:55	3	5:59	41	6:53