



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Kühnert, Gerritt

Club: Stadt Bad Langensalza / Stadtläufer
Number: 1229

Course: 5.00 km
5 km - Lauf

Category:
Männer (20-29 Jahre)

Total time: 24:43

Speed: 12.14 km/h
Running performance: 4:56 min/km

Rank in course/Total: 56 (of 238)

Rank in course/Men: 43 (of 130)

Best time in course: 17:44

Rank in category: 8(of 16)

Best time in the category: 17:44

| 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 | 22:55 | 5:02 | 8 | 6:28 | 44 | 13:39 | 4.55 | 22:55 | 5:02 | 8 | 6:28 | 44 | 13:39 |
| Last lap Finish | 0.45 | 1:48 | 4:00 | 8 | 0:31 | 49 | 0:31 | 5.00 | 24:43 | 4:56 | 8 | 6:59 | 43 | 6:59 |