



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