



**3Türmelauf**  
Bad Langensalza / 14.04.2019

Detailed evaluation

**Knothe, Roberto**

Club: Laufliebe Reichenbach  
Number: 1260

Course: 5.00 km  
5 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 24:45

Speed: 12.12 km/h  
Running performance: 4:57 min/km

Rank in course/Total: 57 (of 238)

Rank in course/Men: 44 (of 130)

Best time in course: 17:44

Rank in category: 2(of 6)

Best time in the category: 24:23

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	23:05	5:04	2	0:29	47	13:49	4.55	23:05	5:04	2	0:29	47	13:49
Last lap Finish	0.45	1:40	3:42	1	-	23	0:23	5.00	24:45	4:57	2	0:22	44	7:01