



3Türmelauf

Bad Langensalza / 14.04.2019

Detailed evaluation

Brandenburger, Marcel

Club: PROVENTUS

Number: 1090

Course: 5.00 km

5 km - Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 25:12

Speed: 11.90 km/h

Running performance: 5:02 min/km

Rank in course/Total: 63 (of 238)

Rank in course/Men: 47 (of 130)

Best time in course: 17:44

Rank in category: 3(of 13)

Best time in the category: 23:28

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	23:33	5:10	3	1:52	51	14:17	4.55	23:33	5:10	3	1:52	51	14:17
Last lap Finish	0.45	1:39	3:39	1	-	19	0:22	5.00	25:12	5:02	3	1:44	47	7:28