



**3Türmelauf**  
Bad Langensalza / 14.04.2019

Detailed evaluation

**Thomas, Jochen**

Club: Bakerboys  
Number: 1201

Course: 5.00 km  
5 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 25:22

Speed: 11.83 km/h  
Running performance: 5:04 min/km

Rank in course/Total: 68 (of 238)

Rank in course/Men: 51 (of 130)

Best time in course: 17:44

Rank in category: 2(of 5)

Best time in the category: 22:48

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	4.55	23:24	5:08	2	2:22	50	14:08	4.55	23:24	5:08	2	2:22	50	14:08
Last lap Finish	0.45	1:58	4:22	2	0:12	70	0:41	5.00	25:22	5:04	2	2:34	51	7:38