



3Türmelauf

Bad Langensalza / 14.04.2019

Detailed evaluation

Köhler, Robert

Club: SPD-BAD Langensalza

Number: 1199

Course: 5.00 km

5 km - Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 25:30

Speed: 11.76 km/h

Running performance: 5:06 min/km

Rank in course/Total: 73 (of 238)

Rank in course/Men: 56 (of 130)

Best time in course: 17:44

Rank in category: 6(of 12)

Best time in the category: 22:13

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	23:36	5:11	5	3:01	52	14:20	4.55	23:36	5:11	5	3:01	52	14:20
Last lap Finish	0.45	1:54	4:13	5	0:18	62	0:37	5.00	25:30	5:05	6	3:17	56	7:46