



3Türmelauf

Bad Langensalza / 14.04.2019

Detailed evaluation

Jung, Marcus

Club: GKN Sinter Metals, Bad Langensalza
Number: 1084

Course: 5.00 km
5 km - Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 25:25

Speed: 11.80 km/h

Running performance: 5:05 min/km

Rank in course/Total: 71 (of 238)

Rank in course/Men: 54 (of 130)

Best time in course: 17:44

Rank in category: 4(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	23:39	5:11	4	1:58	54	14:23	4.55	23:39	5:11	4	1:58	54	14:23
Last lap Finish	0.45	1:46	3:55	3	0:07	42	0:29	5.00	25:25	5:05	4	1:57	54	7:41