



3Türmelauf

Bad Langensalza / 14.04.2019

Detailed evaluation

Görke, Dominik

Club: Flughafen Erfurt Fuelservice

Number: 1082

Course: 5.00 km

5 km - Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 25:29

Speed: 11.77 km/h

Running performance: 5:06 min/km

Rank in course/Total: 72 (of 238)

Rank in course/Men: 55 (of 130)

Best time in course: 17:44

Rank in category: 4(of 11)

Best time in the category: 18:38

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	23:41	5:12	4	6:34	57	14:25	4.55	23:41	5:12	4	6:34	57	14:25
Last lap Finish	0.45	1:48	4:00	3	0:17	49	0:31	5.00	25:29	5:05	4	6:51	55	7:45