



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Ehmer, Thorben

Club: Bad Langensalza
Number: 1011

Course: 5.00 km
5 km - Lauf

Category:
Männer (20-29 Jahre)

Total time: 25:42

Speed: 11.67 km/h
Running performance: 5:08 min/km

Rank in course/Total: 76 (of 238)

Rank in course/Men: 57 (of 130)

Best time in course: 17:44

Rank in category: 10(of 16)

Best time in the category: 17:44

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	4.55	23:53	5:14	10	7:26	60	14:37	4.55	23:53	5:14	10	7:26	60	14:37
Last lap Finish	0.45	1:49	4:02	10	0:32	54	0:32	5.00	25:42	5:08	10	7:58	57	7:58