



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Wojna, Nico

Club: Sonntagsläufer Tambach- Dietharz
Number: 1257

Course: 5.00 km
5 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 25:43

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

Rank in course/Total: 78 (of 238)

Rank in course/Men: 58 (of 130)

Best time in course: 17:44

Rank in category: 6(of 9)

Best time in the category: 19:26

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	23:44	5:12	6	5:53	58	14:28	4.55	23:44	5:12	6	5:53	58	14:28
Last lap Finish	0.45	1:59	4:24	7	0:24	73	0:42	5.00	25:43	5:08	6	6:17	58	7:59