



3Türmelauf

Bad Langensalza / 14.04.2019

Detailed evaluation

Kraft, Marcel

Club: Weinbergen OT. Höngeda

Number: 1242

Course: 5.00 km

5 km - Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 26:45

Speed: 11.21 km/h

Running performance: 5:21 min/km

Rank in course/Total: 92 (of 238)

Rank in course/Men: 68 (of 130)

Best time in course: 17:44

Rank in category: 7(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	24:44	5:26	6	3:03	67	15:28	4.55	24:44	5:26	6	3:03	67	15:28
Last lap Finish	0.45	2:01	4:28	8	0:22	77	0:44	5.00	26:45	5:20	7	3:17	68	9:01