



**3Türmelauf**  
Bad Langensalza / 14.04.2019

Detailed evaluation

**Rommeis, Martin**

Club: Stolpersteinstörche  
Number: 1100

Course: 5.00 km  
5 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 25:53

Speed: 11.59 km/h  
Running performance: 5:11 min/km

Rank in course/Total: 80 (of 238)

Rank in course/Men: 60 (of 130)

Best time in course: 17:44

Rank in category: 5(of 13)

Best time in the category: 23:28

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	4.55	24:07	5:18	5	2:26	61	14:51	4.55	24:07	5:18	5	2:26	61	14:51
Last lap Finish	0.45	1:46	3:55	3	0:07	42	0:29	5.00	25:53	5:10	5	2:25	60	8:09