



# 3Türmelauf

Bad Langensalza / 14.04.2019

## Detailed evaluation

**Knäbe, Holger**

Club: Mitteldeutsche Ballschule

Number: 1131

Course: 5.00 km

5 km - Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 26:04

Speed: 11.51 km/h

Running performance: 5:13 min/km

Rank in course/Total: 83 (of 238)

Rank in course/Men: 62 (of 130)

Best time in course: 17:44

Rank in category: 5(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	24:09	5:18	5	7:02	62	14:53	4.55	24:09	5:18	5	7:02	62	14:53
Last lap Finish	0.45	1:55	4:15	5	0:24	65	0:38	5.00	26:04	5:12	5	7:26	62	8:20