



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 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	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