



**3Türmelauf**  
Bad Langensalza / 14.04.2019

Detailed evaluation

**Fiß, Martin**

Club: Bad Langensalza  
Number: 1017

Course: 5.00 km  
5 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 26:44

Speed: 11.22 km/h  
Running performance: 5:21 min/km

Rank in course/Total: 90 (of 238)

Rank in course/Men: 66 (of 130)

Best time in course: 17:44

Rank in category: 6(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	4.55	24:46	5:26	7	3:05	69	15:30	4.55	24:46	5:26	7	3:05	69	15:30
Last lap Finish	0.45	1:58	4:22	7	0:19	70	0:41	5.00	26:44	5:20	6	3:16	66	9:00