



**3Türmelauf**  
Bad Langensalza / 14.04.2019

Detailed evaluation

**Frank, Matthias**

Club: Bad Langensalza  
Number: 1255

Course: 5.00 km  
5 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 26:44  
Speed: 11.22 km/h  
Running performance: 5:21 min/km  
Rank in course/Total: 91 (of 238)  
Rank in course/Men: 66 (of 130)  
Best time in course: 17:44  
Rank in category: 6(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	24:43	5:25	6	7:36	66	15:27	4.55	24:43	5:25	6	7:36	66	15:27
Last lap Finish	0.45	2:01	4:28	6	0:30	77	0:44	5.00	26:44	5:20	6	8:06	66	9:00