



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Steinig, Patrick

Club: Schönstedt
Number: 1262

Course: 5.00 km
5 km - Lauf

Category:
Männer (20-29 Jahre)

Total time: 27:10

Speed: 11.04 km/h
Running performance: 5:26 min/km

Rank in course/Total: 98 (of 238)

Rank in course/Men: 72 (of 130)

Best time in course: 17:44

Rank in category: 12(of 16)

Best time in the category: 17:44

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	25:10	5:31	13	8:43	73	15:54	4.55	25:10	5:31	13	8:43	73	15:54
Last lap Finish	0.45	2:00	4:26	13	0:43	76	0:43	5.00	27:10	5:26	12	9:26	72	9:26