



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Ludewig, Stephan

Club: SV Empor Bad Langensalza Abt.Boxen
Number: 1219

Course: 5.00 km
5 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 27:33

Speed: 10.89 km/h
Running performance: 5:31 min/km

Rank in course/Total: 103 (of 238)

Rank in course/Men: 76 (of 130)

Best time in course: 17:44

Rank in category: 8(of 12)

Best time in the category: 22:13

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	4.55	25:24	5:34	7	4:49	76	16:08	4.55	25:24	5:34	7	4:49	76	16:08
Last lap Finish	0.45	2:09	4:46	10	0:33	96	0:52	5.00	27:33	5:30	8	5:20	76	9:49