



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Rabe, Pascal

Club: GKN Sinter Metals, Bad Langensalza
Number: 1085

Course: 5.00 km
5 km - Lauf

Category:
Männer (20-29 Jahre)

Total time: 27:36

Speed: 10.87 km/h
Running performance: 5:31 min/km

Rank in course/Total: 104 (of 238)

Rank in course/Men: 77 (of 130)

Best time in course: 17:44

Rank in category: 13(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	25:37	5:37	14	9:10	80	16:21	4.55	25:37	5:37	14	9:10	80	16:21
Last lap Finish	0.45	1:59	4:24	12	0:42	73	0:42	5.00	27:36	5:31	13	9:52	77	9:52