



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Rudolph, Jörg

Club: Sport Kids
Number: 1230

Course: 5.00 km
5 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 27:52
Speed: 10.77 km/h
Running performance: 5:34 min/km
Rank in course/Total: 110 (of 238)
Rank in course/Men: 80 (of 130)
Best time in course: 17:44
Rank in category: 7(of 9)
Best time in the category: 19:26

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	25:54	5:41	7	8:03	83	16:38	4.55	25:54	5:41	7	8:03	83	16:38
Last lap Finish	0.45	1:58	4:22	6	0:23	70	0:41	5.00	27:52	5:34	7	8:26	80	10:08