



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Thomalla, Martin

Club: DIROBA
Number: 1074

Course: 5.00 km
5 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 28:41

Speed: 10.46 km/h
Running performance: 5:44 min/km

Rank in course/Total: 121 (of 238)

Rank in course/Men: 87 (of 130)

Best time in course: 17:44

Rank in category: 10(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	26:34	5:50	10	5:59	90	17:18	4.55	26:34	5:50	10	5:59	90	17:18
Last lap Finish	0.45	2:07	4:42	9	0:31	88	0:50	5.00	28:41	5:44	10	6:28	87	10:57