



## 3Türmelauf

Bad Langensalza / 14.04.2019

### Detailed evaluation

#### Feuerriegel, Jens

Club: Erfurt  
Number: 1014

Course: 5.00 km  
5 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 28:06

Speed: 10.68 km/h  
Running performance: 5:37 min/km

Rank in course/Total: 116 (of 238)

Rank in course/Men: 84 (of 130)

Best time in course: 17:44

Rank in category: 8(of 11)

Best time in the category: 18:38

#### Intermediate times

#### Stage score

#### Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	4.55	26:01	5:43	8	8:54	86	16:45	4.55	26:01	5:43	8	8:54	86	16:45
Last lap Finish	0.45	2:05	4:37	7	0:34	86	0:48	5.00	28:06	5:37	8	9:28	84	10:22