



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Allstedt, Alexander

Club: Bad Langensalza
Number: 1256

Course: 5.00 km
5 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 30:22

Speed: 9.88 km/h
Running performance: 6:04 min/km

Rank in course/Total: 162 (of 238)

Rank in course/Men: 105 (of 130)

Best time in course: 17:44

Rank in category: 12(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	28:04	6:10	12	7:29	104	18:48	4.55	28:04	6:10	12	7:29	104	18:48
Last lap Finish	0.45	2:18	5:06	12	0:42	108	1:01	5.00	30:22	6:04	12	8:09	105	12:38