



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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>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         |