



3Türmelauf  
Bad Langensalza / 14.04.2019

Detailed evaluation

Setzepfandt, Stefan

Club: Fahrdienst Gary  
Number: 1081

Course: 5.00 km  
5 km - Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 28:06  
Speed: 10.68 km/h  
Running performance: 5:37 min/km  
Rank in course/Total: 117 (of 238)  
Rank in course/Men: 84 (of 130)  
Best time in course: 17:44  
Rank in category: 9(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	26:05	5:43	9	5:30	87	16:49	4.55	26:05	5:43	9	5:30	87	16:49
Last lap Finish	0.45	2:01	4:28	7	0:25	77	0:44	5.00	28:06	5:37	9	5:53	84	10:22