



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Dauben, Peter

Club: Gräfentonna
Number: 1007

Course: 5.00 km
5 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 28:47

Speed: 10.42 km/h
Running performance: 5:46 min/km

Rank in course/Total: 123 (of 238)

Rank in course/Men: 89 (of 130)

Best time in course: 17:44

Rank in category: 4(of 5)

Best time in the category: 22:48

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	26:30	5:49	4	5:28	89	17:14	4.55	26:30	5:49	4	5:28	89	17:14
Last lap Finish	0.45	2:17	5:04	4	0:31	106	1:00	5.00	28:47	5:45	4	5:59	89	11:03