



3Türmelauf

Bad Langensalza / 14.04.2019

Detailed evaluation

Engler, Winfried

Club: Diakonie

Number: 1246

Course: 5.00 km

5 km - Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 28:49

Speed: 10.41 km/h

Running performance: 5:46 min/km

Rank in course/Total: 125 (of 238)

Rank in course/Men: 90 (of 130)

Best time in course: 17:44

Rank in category: 3(of 6)

Best time in the category: 24:23

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	26:55	5:54	3	4:19	92	17:39	4.55	26:55	5:54	3	4:19	92	17:39
Last lap Finish	0.45	1:54	4:13	3	0:14	62	0:37	5.00	28:49	5:45	3	4:26	90	11:05