



**3Türmelauf**  
Bad Langensalza / 14.04.2019

Detailed evaluation

**Henning, Rainer**

Club: Schlüssel Henning  
Number: 1094

Course: 5.00 km  
5 km - Lauf

Category:  
Senioren M70 (70-74 Jahre)

Total time: 29:30

Speed: 10.17 km/h  
Running performance: 5:54 min/km

Rank in course/Total: 135 (of 238)

Rank in course/Men: 93 (of 130)

Best time in course: 17:44

Rank in category: 1(of 1)

Best time in the category: 29:30

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	27:15	5:59	1	-	94	17:59	4.55	27:15	5:59	1	-	94	17:59
Last lap Finish	0.45	2:15	5:00	1	-	104	0:58	5.00	29:30	5:54	1	-	93	11:46