



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. | 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 |