



3Türmelauf

Bad Langensalza / 14.04.2019

Detailed evaluation

Knäbe, Winfried

Club: Mitteldeutsche Ballschule

Number: 1132

Course: 5.00 km

5 km - Lauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 29:26

Speed: 10.19 km/h

Running performance: 5:53 min/km

Rank in course/Total: 132 (of 238)

Rank in course/Men: 92 (of 130)

Best time in course: 17:44

Rank in category: 3(of 5)

Best time in the category: 25:16

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	27:17	5:59	3	4:02	95	18:01	4.55	27:17	5:59	3	4:02	95	18:01
Last lap Finish	0.45	2:09	4:46	3	0:08	96	0:52	5.00	29:26	5:53	3	4:10	92	11:42