



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Bocklitz, Alexander

Club: Bad Langensalza
Number: 1005

Course: 5.00 km
5 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 27:55
Speed: 10.75 km/h
Running performance: 5:35 min/km
Rank in course/Total: 112 (of 238)
Rank in course/Men: 82 (of 130)
Best time in course: 17:44
Rank in category: 9(of 13)
Best time in the category: 23:28

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	25:58	5:42	9	4:17	84	16:42	4.55	25:58	5:42	9	4:17	84	16:42
Last lap Finish	0.45	1:57	4:19	6	0:18	69	0:40	5.00	27:55	5:35	9	4:27	82	10:11