



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	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	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