



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Holder, Marco

Club: Eisenach
Number: 1263

Course: 5.00 km
5 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 30:07

Speed: 9.96 km/h
Running performance: 6:01 min/km

Rank in course/Total: 149 (of 238)

Rank in course/Men: 101 (of 130)

Best time in course: 17:44

Rank in category: 11(of 12)

Best time in the category: 22:13

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	27:50	6:07	11	7:15	102	18:34	4.55	27:50	6:07	11	7:15	102	18:34
Last lap Finish	0.45	2:17	5:04	11	0:41	106	1:00	5.00	30:07	6:01	11	7:54	101	12:23