



# 3Türmelauf

Bad Langensalza / 14.04.2019

## Detailed evaluation

**Reinz, Matthias**

Club: Schönstedt

Number: 1038

Course: 5.00 km

5 km - Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 29:57

Speed: 10.02 km/h

Running performance: 5:59 min/km

Rank in course/Total: 148 (of 238)

Rank in course/Men: 100 (of 130)

Best time in course: 17:44

Rank in category: 8(of 9)

Best time in the category: 19:26

### 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	27:35	6:03	8	9:44	97	18:19	4.55	27:35	6:03	8	9:44	97	18:19
Last lap Finish	0.45	2:22	5:15	8	0:47	113	1:05	5.00	29:57	5:59	8	10:31	100	12:13