



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Fischer, Jörg

Club: Bad Tennstedt
Number: 1015

Course: 5.00 km
5 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 29:38
Speed: 10.12 km/h
Running performance: 5:56 min/km
Rank in course/Total: 139 (of 238)
Rank in course/Men: 94 (of 130)
Best time in course: 17:44
Rank in category: 9(of 11)
Best time in the category: 18:38

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	27:29	6:02	9	10:22	96	18:13	4.55	27:29	6:02	9	10:22	96	18:13
Last lap Finish	0.45	2:09	4:46	8	0:38	96	0:52	5.00	29:38	5:55	9	11:00	94	11:54