



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Zilling, Michael

Club: SWL-ENERGIE-TEAM
Number: 1122

Course: 5.00 km
5 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 28:59

Speed: 10.35 km/h
Running performance: 5:48 min/km

Rank in course/Total: 126 (of 238)

Rank in course/Men: 91 (of 130)

Best time in course: 17:44

Rank in category: 10(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	26:52	5:54	10	5:11	91	17:36	4.55	26:52	5:54	10	5:11	91	17:36
Last lap Finish	0.45	2:07	4:42	10	0:28	88	0:50	5.00	28:59	5:47	10	5:31	91	11:15