



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Niebergall, Richardt

Club: Stadt Bad Langensalza / Stadtläufer
Number: 1097

Course: 5.00 km
5 km - Lauf

Category:
Männer (20-29 Jahre)

Total time: 30:56
Speed: 9.70 km/h
Running performance: 6:11 min/km
Rank in course/Total: 171 (of 238)
Rank in course/Men: 109 (of 130)
Best time in course: 17:44
Rank in category: 15(of 16)
Best time in the category: 17:44

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	28:36	6:17	15	12:09	110	19:20	4.55	28:36	6:17	15	12:09	110	19:20
Last lap Finish	0.45	2:20	5:11	15	1:03	111	1:03	5.00	30:56	6:11	15	13:12	109	13:12