



3Türmelauf

Bad Langensalza / 14.04.2019

Detailed evaluation

Krauß, Rainer

Club: Bad Langensalza

Number: 1031

Course: 5.00 km

5 km - Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 30:33

Speed: 9.82 km/h

Running performance: 6:07 min/km

Rank in course/Total: 166 (of 238)

Rank in course/Men: 107 (of 130)

Best time in course: 17:44

Rank in category: 4(of 6)

Best time in the category: 24:23

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	28:20	6:13	4	5:44	107	19:04	4.55	28:20	6:13	4	5:44	107	19:04
Last lap Finish	0.45	2:13	4:55	4	0:33	103	0:56	5.00	30:33	6:06	4	6:10	107	12:49