



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Jung, Sebastian

Club: Gruppe 701
Number: 1194

Course: 5.00 km
5 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 30:32

Speed: 9.83 km/h
Running performance: 6:07 min/km

Rank in course/Total: 164 (of 238)

Rank in course/Men: 106 (of 130)

Best time in course: 17:44

Rank in category: 11(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	28:21	6:13	11	6:40	108	19:05	4.55	28:21	6:13	11	6:40	108	19:05
Last lap Finish	0.45	2:11	4:51	12	0:32	101	0:54	5.00	30:32	6:06	11	7:04	106	12:48