



3Türmelauf

Bad Langensalza / 14.04.2019

Detailed evaluation

Döbel, Kai-Uwe

Club: Bad Langensalza

Number: 1253

Course: 5.00 km

5 km - Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 32:50

Speed: 9.14 km/h

Running performance: 6:34 min/km

Rank in course/Total: 194 (of 238)

Rank in course/Men: 117 (of 130)

Best time in course: 17:44

Rank in category: 10(of 11)

Best time in the category: 18:38

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	30:21	6:40	10	13:14	118	21:05	4.55	30:21	6:40	10	13:14	118	21:05
Last lap Finish	0.45	2:29	5:31	11	0:58	118	1:12	5.00	32:50	6:34	10	14:12	117	15:06