



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Schütz, Karsten

Club: Bad Langensalza
Number: 1189

Course: 5.00 km
5 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 32:32

Speed: 9.22 km/h
Running performance: 6:31 min/km

Rank in course/Total: 190 (of 238)

Rank in course/Men: 115 (of 130)

Best time in course: 17:44

Rank in category: 5(of 6)

Best time in the category: 24:23

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	29:58	6:35	5	7:22	116	20:42	4.55	29:58	6:35	5	7:22	116	20:42
Last lap Finish	0.45	2:34	5:42	5	0:54	119	1:17	5.00	32:32	6:30	5	8:09	115	14:48