



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Schiebold, Brian

Club: Diakonie
Number: 1244

Course: 5.00 km
5 km - Lauf

Category:
Männer (20-29 Jahre)

Total time: 31:43

Speed: 9.46 km/h
Running performance: 6:20 min/km

Rank in course/Total: 185 (of 238)

Rank in course/Men: 112 (of 130)

Best time in course: 17:44

Rank in category: 16(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	4.55	29:24	6:27	16	12:57	112	20:08	4.55	29:24	6:27	16	12:57	112	20:08
Last lap Finish	0.45	2:19	5:08	14	1:02	110	1:02	5.00	31:43	6:20	16	13:59	112	13:59