



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Rudolph, Manfred

Club: Diakonie
Number: 1245

Course: 5.00 km
5 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 33:15

Speed: 9.02 km/h
Running performance: 6:39 min/km

Rank in course/Total: 200 (of 238)

Rank in course/Men: 120 (of 130)

Best time in course: 17:44

Rank in category: 5(of 5)

Best time in the category: 22:48

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	30:39	6:44	5	9:37	119	21:23	4.55	30:39	6:44	5	9:37	119	21:23
Last lap Finish	0.45	2:36	5:46	5	0:50	120	1:19	5.00	33:15	6:39	5	10:27	120	15:31