



3Türmelauf

Bad Langensalza / 14.04.2019

Detailed evaluation

Bühling, Andreas

Club: Mitwuerdealtern

Number: 1089

Course: 5.00 km

5 km - Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 32:36

Speed: 9.20 km/h

Running performance: 6:31 min/km

Rank in course/Total: 192 (of 238)

Rank in course/Men: 116 (of 130)

Best time in course: 17:44

Rank in category: 9(of 9)

Best time in the category: 19:26

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	29:54	6:34	9	12:03	115	20:38	4.55	29:54	6:34	9	12:03	115	20:38
Last lap Finish	0.45	2:42	6:00	9	1:07	124	1:25	5.00	32:36	6:31	9	13:10	116	14:52