



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 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	29:54	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