



3Türmelauf

Bad Langensalza / 14.04.2019

Detailed evaluation

Schmähling, Jens

Club: 70 liter

Number: 1057

Course: 5.00 km

5 km - Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 33:11

Speed: 9.04 km/h

Running performance: 6:38 min/km

Rank in course/Total: 198 (of 238)

Rank in course/Men: 119 (of 130)

Best time in course: 17:44

Rank in category: 11(of 11)

Best time in the category: 18:38

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	30:49	6:46	11	13:42	120	21:33	4.55	30:49	6:46	11	13:42	120	21:33
Last lap Finish	0.45	2:22	5:15	10	0:51	113	1:05	5.00	33:11	6:38	11	14:33	119	15:27