



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Meisel, Heribert

Club: Reha Klinik
Number: 1091

Course: 5.00 km
5 km - Lauf

Category:
Senioren M65 (65-69 Jahre)

Total time: 34:47

Speed: 8.62 km/h
Running performance: 6:58 min/km

Rank in course/Total: 213 (of 238)

Rank in course/Men: 126 (of 130)

Best time in course: 17:44

Rank in category: 4(of 4)

Best time in the category: 25:12

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	4.55	32:08	7:03	4	8:49	127	22:52	4.55	32:08	7:03	4	8:49	127	22:52
Last lap Finish	0.45	2:39	5:53	4	0:46	121	1:22	5.00	34:47	6:57	4	9:35	126	17:03