



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Leuchtmann, Mark

Club: SV Empor Bad Langensalza Abt.Boxen
Number: 1216

Course: 5.00 km
5 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 34:05

Speed: 8.80 km/h
Running performance: 6:49 min/km

Rank in course/Total: 209 (of 238)

Rank in course/Men: 124 (of 130)

Best time in course: 17:44

Rank in category: 6(of 6)

Best time in the category: 24:23

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	31:25	6:54	6	8:49	124	22:09	4.55	31:25	6:54	6	8:49	124	22:09
Last lap Finish	0.45	2:40	5:55	6	1:00	123	1:23	5.00	34:05	6:49	6	9:42	124	16:21