



3Türmelauf

Bad Langensalza / 14.04.2019

Detailed evaluation

Weinschenk, Michael

Club: VR Bank Westthüringen eG
Number: 1266

Course: 5.00 km
5 km - Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 34:13

Speed: 8.77 km/h

Running performance: 6:50 min/km

Rank in course/Total: 210 (of 238)

Rank in course/Men: 125 (of 130)

Best time in course: 17:44

Rank in category: 13(of 13)

Best time in the category: 23:28

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	31:10	6:50	13	9:29	123	21:54	4.55	31:10	6:50	13	9:29	123	21:54
Last lap Finish	0.45	3:03	6:46	13	1:24	127	1:46	5.00	34:13	6:50	13	10:45	125	16:29