



3Türmelauf

Bad Langensalza / 14.04.2019

Detailed evaluation

Specht, Uwe

Club: Ohrdruf
Number: 1050

Course: 5.00 km
5 km - Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 48:20

Speed: 6.21 km/h
Running performance: 9:40 min/km

Rank in course/Total: 237 (of 238)

Rank in course/Men: 130 (of 130)

Best time in course: 17:44

Rank in category: 5(of 5)

Best time in the category: 25:16

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	44:41	9:49	5	21:26	130	35:25	4.55	44:41	9:49	5	21:26	130	35:25
Last lap Finish	0.45	3:39	8:06	5	1:38	128	2:22	5.00	48:20	9:40	5	23:04	130	30:36