



3Türmelauf  
Bad Langensalza / 19.04.2015

## Detailed evaluation

Friedrich, Niclas

Club: SV Creaton Großengottern  
Number: 35

Course: 5.00 km  
5 km - Lauf

Category:  
männliche Jugend U14 (12-13 Jahre)

Total time: 21:46

Speed: 13.78 km/h  
Running performance: 4:21 min/km

Rank in course/Total: 11 (of 227)

Rank in course/Men: 10 (of 124)

Best time in course: 17:46

Rank in category: 2(of 22)

Best time in the category: 21:26