



3Türmelauf  
Bad Langensalza / 30.04.2017

## Detailed evaluation

**SCHWIRZKE, Jonas**

Club: Luisenthaler SV  
Number: 1186

Course: 5.00 km  
5 km - Lauf

Category:  
männliche Jugend U20 (18-19 Jahre)

Total time: 21:43

Speed: 13.81 km/h  
Running performance: 4:20 min/km

Rank in course/Total: 8 (of 251)

Rank in course/Men: 8 (of 141)

Best time in course: 18:14

Rank in category: 1(of 5)

Best time in the category: 21:43