



## 3Türmelauf

Bad Langensalza / 30.04.2017

### Detailed evaluation

**HELBING, Carlos**

Club: Salza-Gymnasium

Number: 1067

Course: 5.00 km

5 km - Lauf

Category:

männliche Jugend U14 (12-13 Jahre)

Total time: 26:21

Speed: 11.39 km/h

Running performance: 5:16 min/km

Rank in course/Total: 86 (of 251)

Rank in course/Men: 67 (of 141)

Best time in course: 18:14

Rank in category: 10(of 22)

Best time in the category: 22:14