



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

KOST, Jonas

Club: FSV Preußen
Number: 1058

Course: 5.00 km
5 km - Lauf

Category:
männliche Jugend U16 (14-15 Jahre)

Total time: 27:18

Speed: 10.99 km/h
Running performance: 5:28 min/km

Rank in course/Total: 80 (of 232)

Rank in course/Men: 65 (of 136)

Best time in course: 18:55

Rank in category: 10(of 18)

Best time in the category: 18:55

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	0.50	2:47	5:33	15	1:14	91	1:14	0.50	2:47	5:33	15	1:14	91	1:14
Lap 2	4.00	22:09	5:32	9	6:38	63	6:38	4.50	24:56	5:32	10	7:52	65	7:52
Last lap Finish	0.50	2:22	4:44	9	0:31	49	0:32	5.00	27:18	5:27	10	8:23	65	8:23