



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

LUDEWIG, Lennox

Club: SV Empor Bad Langensalza Boxen
Number: 1192

Course: 5.00 km
5 km - Lauf

Category:
männliche Jugend U14 (12-13 Jahre)

Total time: 30:04

Speed: 9.98 km/h
Running performance: 6:01 min/km

Rank in course/Total: 136 (of 232)

Rank in course/Men: 96 (of 136)

Best time in course: 18:55

Rank in category: 18(of 25)

Best time in the category: 22:27

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	3:01	6:01	22	1:14	111	1:28	0.50	3:01	6:01	22	1:14	111	1:28
Lap 2	4.00	24:39	6:09	16	6:17	93	9:08	4.50	27:40	6:08	17	7:20	95	10:36
Last lap Finish	0.50	2:24	4:47	14	0:34	57	0:34	5.00	30:04	6:00	18	7:37	96	11:09