



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

KAYSER, Ramon

Club: SV Empor Bad Langensalza Boxen
Number: 1200

Course: 5.00 km
5 km - Lauf

Category:
männliche Jugend U18 (16-17 Jahre)

Total time: 29:58

Speed: 10.01 km/h
Running performance: 5:59 min/km

Rank in course/Total: 130 (of 232)

Rank in course/Men: 94 (of 136)

Best time in course: 18:55

Rank in category: 9(of 13)

Best time in the category: 20:22

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	2:36	5:12	7	0:55	65	1:03	0.50	2:36	5:12	7	0:55	65	1:03
Lap 2	4.00	25:14	6:18	10	8:33	103	9:43	4.50	27:50	6:11	9	9:28	100	10:46
Last lap Finish	0.50	2:08	4:15	3	0:08	19	0:18	5.00	29:58	5:59	9	9:36	94	11:03