



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

NIEBERGALL, Jacob

Club: SV Empor Bad Langensalza Boxen
Number: 1189

Course: 5.00 km
5 km - Lauf

Category:
männliche Jugend U14 (12-13 Jahre)

Total time: 40:10

Speed: 7.47 km/h
Running performance: 8:02 min/km

Rank in course/Total: 229 (of 232)

Rank in course/Men: 133 (of 136)

Best time in course: 18:55

Rank in category: 24(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	2:44	5:28	18	0:57	85	1:11	0.50	2:44	5:28	18	0:57	85	1:11
Lap 2	4.00	33:54	8:28	24	15:32	133	18:23	4.50	36:38	8:08	24	16:18	133	19:34
Last lap Finish	0.50	3:32	7:03	24	1:42	130	1:42	5.00	40:10	8:01	24	17:43	133	21:15