



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

Crämer, Niklas

Club: FWV Großberndten
Number: 1230

Course: 5.00 km
5 km - Lauf

Category:
männliche Jugend U16 (14-15 Jahre)

Total time: 38:18

Speed: 7.83 km/h
Running performance: 7:40 min/km

Rank in course/Total: 227 (of 232)

Rank in course/Men: 132 (of 136)

Best time in course: 18:55

Rank in category: 17(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	2:03	4:05	3	0:30	24	0:30	0.50	2:03	4:05	3	0:30	24	0:30
Lap 2	4.00	33:23	8:20	17	17:52	132	17:52	4.50	35:26	7:52	17	18:22	132	18:22
Last lap Finish	0.50	2:52	5:44	15	1:01	108	1:02	5.00	38:18	7:39	17	19:23	132	19:23