



3Türmelauf

Bad Langensalza / 22.04.2018

Detailed evaluation

BINIOK, Torben

Club: Grundschule Schönstedt

Number: 1240

Course: 5.00 km

5 km - Lauf

Category:

männliche Jugend U14 (12-13 Jahre)

Total time: 25:38

Speed: 11.70 km/h

Running performance: 5:08 min/km

Rank in course/Total: 49 (of 232)

Rank in course/Men: 37 (of 136)

Best time in course: 18:55

Rank in category: 10(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	0.50	1:47	3:34	1	-	9	0:14	0.50	1:47	3:34	1	-	9	0:14
Lap 2	4.00	21:48	5:27	11	3:26	56	6:17	4.50	23:35	5:14	10	3:15	44	6:31
Last lap Finish	0.50	2:03	4:05	4	0:13	10	0:13	5.00	25:38	5:07	10	3:11	37	6:43