



3Türmelauf  
Bad Langensalza / 22.04.2018

Detailed evaluation

VOGT, Jakob

Club: Salza Gymnasium  
Number: 1108

Course: 5.00 km  
5 km - Lauf

Category:  
männliche Jugend U14 (12-13 Jahre)

Total time: 23:10

Speed: 12.95 km/h  
Running performance: 4:38 min/km

Rank in course/Total: 14 (of 232)

Rank in course/Men: 12 (of 136)

Best time in course: 18:55

Rank in category: 4(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	2:03	4:05	8	0:16	24	0:30	0.50	2:03	4:05	8	0:16	24	0:30
Lap 2	4.00	19:17	4:49	4	0:55	14	3:46	4.50	21:20	4:44	4	1:00	15	4:16
Last lap Finish	0.50	1:50	3:39	1	-	1	-	5.00	23:10	4:38	4	0:43	12	4:15