



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

GRUBE, Nils

Club: Salza Gymnasium
Number: 1153

Course: 5.00 km
5 km - Lauf

Category:
männliche Jugend U14 (12-13 Jahre)

Total time: 23:39

Speed: 12.68 km/h
Running performance: 4:44 min/km

Rank in course/Total: 18 (of 232)

Rank in course/Men: 14 (of 136)

Best time in course: 18:55

Rank in category: 5(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	19:32	4:53	5	1:10	17	4:01	4.50	21:35	4:47	5	1:15	17	4:31
Last lap Finish	0.50	2:04	4:08	6	0:14	13	0:14	5.00	23:39	4:43	5	1:12	14	4:44