



# 3Türmelauf

Bad Langensalza / 22.04.2018

## Detailed evaluation

**SEIFERT, Ben**

Club: Salza Gymnasium

Number: 1114

Course: 5.00 km

5 km - Lauf

Category:

männliche Jugend U16 (14-15 Jahre)

Total time: 24:35

Speed: 12.20 km/h

Running performance: 4:55 min/km

Rank in course/Total: 34 (of 232)

Rank in course/Men: 28 (of 136)

Best time in course: 18:55

Rank in category: 5(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.	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	2:21	4:42	8	0:48	45	0:48	0.50	2:21	4:42	8	0:48	45	0:48
Lap 2	4.00	20:10	5:02	5	4:39	26	4:39	4.50	22:31	5:00	5	5:27	29	5:27
Last lap Finish	0.50	2:04	4:08	2	0:13	13	0:14	5.00	24:35	4:54	5	5:40	28	5:40