



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

KARASCHINSKY, Adrian

Club: Salza Gymnasium
Number: 1137

Course: 5.00 km
5 km - Lauf

Category:
männliche Jugend U14 (12-13 Jahre)

Total time: 24:37

Speed: 12.19 km/h
Running performance: 4:55 min/km

Rank in course/Total: 35 (of 232)

Rank in course/Men: 29 (of 136)

Best time in course: 18:55

Rank in category: 7(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	1:58	3:55	4	0:11	18	0:25	0.50	1:58	3:55	4	0:11	18	0:25
Lap 2	4.00	20:25	5:06	8	2:03	31	4:54	4.50	22:23	4:58	7	2:03	26	5:19
Last lap Finish	0.50	2:14	4:28	9	0:24	32	0:24	5.00	24:37	4:55	7	2:10	29	5:42