



**3Türmelauf**  
Bad Langensalza / 22.04.2018

Detailed evaluation

**GERNANDT, Max**

Club: Salza Gymnasium  
Number: 1155

Course: 5.00 km  
5 km - Lauf

Category:  
männliche Jugend U14 (12-13 Jahre)

Total time: 25:28

Speed: 11.78 km/h  
Running performance: 5:05 min/km

Rank in course/Total: 46 (of 232)

Rank in course/Men: 36 (of 136)

Best time in course: 18:55

Rank in category: 9(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	2:45	5:30	19	0:58	87	1:12	0.50	2:45	5:30	19	0:58	87	1:12
Lap 2	4.00	20:40	5:10	9	2:18	35	5:09	4.50	23:25	5:12	9	3:05	39	6:21
Last lap Finish	0.50	2:03	4:05	4	0:13	10	0:13	5.00	25:28	5:05	9	3:01	36	6:33