



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

SELLE, Hagen

Club: Schwimmverein MHL
Number: 1162

Course: 5.00 km
5 km - Lauf

Category:
männliche Jugend U18 (16-17 Jahre)

Total time: 20:22

Speed: 14.73 km/h
Running performance: 4:04 min/km

Rank in course/Total: 4 (of 232)

Rank in course/Men: 4 (of 136)

Best time in course: 18:55

Rank in category: 1(of 13)

Best time in the category: 20:22

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	1:41	3:22	1	-	4	0:08	0.50	1:41	3:22	1	-	4	0:08
Lap 2	4.00	16:41	4:10	1	-	4	1:10	4.50	18:22	4:04	1	-	4	1:18
Last lap Finish	0.50	2:00	4:00	1	-	9	0:10	5.00	20:22	4:04	1	-	4	1:27