



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

HELBING, Carlos

Club: Salza Gymnasium
Number: 1145

Course: 5.00 km
5 km - Lauf

Category:
männliche Jugend U16 (14-15 Jahre)

Total time: 27:36
Speed: 10.87 km/h
Running performance: 5:31 min/km
Rank in course/Total: 93 (of 232)
Rank in course/Men: 76 (of 136)
Best time in course: 18:55
Rank in category: 12(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	0.50	2:39	5:17	11	1:06	75	1:06	0.50	2:39	5:17	11	1:06	75	1:06
Lap 2	4.00	22:31	5:37	10	7:00	73	7:00	4.50	25:10	5:35	12	8:06	76	8:06
Last lap Finish	0.50	2:26	4:51	11	0:35	62	0:36	5.00	27:36	5:31	12	8:41	76	8:41