



3Türmelauf  
Bad Langensalza / 22.04.2018

Detailed evaluation

GÖRKE, Richard

Club: Salza Gymnasium  
Number: 1154

Course: 5.00 km  
5 km - Lauf

Category:  
männliche Jugend U14 (12-13 Jahre)

Total time: 30:32

Speed: 9.83 km/h  
Running performance: 6:07 min/km

Rank in course/Total: 144 (of 232)

Rank in course/Men: 99 (of 136)

Best time in course: 18:55

Rank in category: 19(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	3:04	6:08	23	1:17	120	1:31	0.50	3:04	6:08	23	1:17	120	1:31
Lap 2	4.00	24:59	6:14	19	6:37	99	9:28	4.50	28:03	6:14	19	7:43	103	10:59
Last lap Finish	0.50	2:29	4:58	17	0:39	73	0:39	5.00	30:32	6:06	19	8:05	99	11:37