



**3Türmelauf**  
Bad Langensalza / 22.04.2018

Detailed evaluation

**SETZEKORN, Sebastian**

Club: SV Creaton Großgotttern  
Number: 1172

Course: 5.00 km  
5 km - Lauf

Category:  
männliche Jugend U14 (12-13 Jahre)

Total time: 22:48  
Speed: 13.16 km/h  
Running performance: 4:34 min/km  
Rank in course/Total: 11 (of 232)  
Rank in course/Men: 10 (of 136)  
Best time in course: 18:55  
Rank in category: 3(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	1:57	3:53	3	0:10	17	0:24	0.50	1:57	3:53	3	0:10	17	0:24
Lap 2	4.00	18:40	4:40	2	0:18	10	3:09	4.50	20:37	4:34	2	0:17	9	3:33
Last lap Finish	0.50	2:11	4:21	8	0:21	27	0:21	5.00	22:48	4:33	3	0:21	10	3:53