



**3Türmelauf**  
Bad Langensalza / 22.04.2018

Detailed evaluation

**KNOP, Silvio**

Club: THEPRA FÖZ Am Fernebach  
Number: 1210

Course: 5.00 km  
5 km - Lauf

Category:  
männliche Jugend U20 (18-19 Jahre)

Total time: 23:12

Speed: 12.93 km/h  
Running performance: 4:38 min/km

Rank in course/Total: 16 (of 232)

Rank in course/Men: 13 (of 136)

Best time in course: 18:55

Rank in category: 2(of 8)

Best time in the category: 21:51

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	0.50	1:47	3:34	3	0:02	9	0:14	0.50	1:47	3:34	3	0:02	9	0:14
Lap 2	4.00	19:10	4:47	2	1:07	12	3:39	4.50	20:57	4:39	2	1:09	11	3:53
Last lap Finish	0.50	2:15	4:30	2	0:12	34	0:25	5.00	23:12	4:38	2	1:21	13	4:17