



**3Türmelauf**  
Bad Langensalza / 22.04.2018

Detailed evaluation

**RURAINSKY, Paul**

Club: THEPRA Grundschule Bad Langensalza  
Number: 1970

Course: 1.00 km  
Schülerlauf

Category:  
männliche Kinder U12 (10-11 Jahre)

Total time: 4:59

Speed: 12.04 km/h  
Running performance: 4:59 min/km

Rank in course/Total: 165 (of 257)

Rank in course/Men: 83 (of 118)

Best time in course: 3:22

Rank in category: 31(of 39)

Best time in the category: 3:29

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	2:38	5:15	32	0:52	88	0:54	0.50	2:38	5:15	32	0:52	88	0:54
Last lap Finish	0.50	2:21	4:42	31	0:40	79	0:43	1.00	4:59	4:59	31	1:30	83	1:37