



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

ALLSTÄDT, Paul

Club: SV Empor Bad Langensalza Boxen
Number: 1207

Course: 5.00 km
5 km - Lauf

Category:
männliche Jugend U18 (16-17 Jahre)

Total time: 25:14

Speed: 11.89 km/h
Running performance: 5:03 min/km

Rank in course/Total: 40 (of 232)

Rank in course/Men: 32 (of 136)

Best time in course: 18:55

Rank in category: 4(of 13)

Best time in the category: 20:22

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	2:18	4:35	5	0:37	43	0:45	0.50	2:18	4:35	5	0:37	43	0:45
Lap 2	4.00	20:40	5:10	4	3:59	35	5:09	4.50	22:58	5:06	4	4:36	32	5:54
Last lap Finish	0.50	2:16	4:31	6	0:16	37	0:26	5.00	25:14	5:02	4	4:52	32	6:19