



**3Türmelauf**  
Bad Langensalza / 14.04.2019

Detailed evaluation

**Setzekorn, Sebastian**

Club: SV Creaton Großgotttern  
Number: 1110

Course: 5.00 km  
5 km - Lauf

Category:  
männliche Jugend U16 (14-15 Jahre)

Total time: 20:22

Speed: 14.73 km/h  
Running performance: 4:04 min/km

Rank in course/Total: 4 (of 238)

Rank in course/Men: 4 (of 130)

Best time in course: 17:44

Rank in category: 1(of 11)

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.	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	4.55	18:55	4:09	1	-	5	9:39	4.55	18:55	4:09	1	-	5	9:39
Last lap Finish	0.45	1:27	3:13	1	-	4	0:10	5.00	20:22	4:04	1	-	4	2:38