



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Biniok, Thorben

Club: Bad Langensalza
Number: 1248

Course: 5.00 km
5 km - Lauf

Category:
männliche Jugend U14 (12-13 Jahre)

Total time: 21:26

Speed: 14.00 km/h
Running performance: 4:17 min/km

Rank in course/Total: 7 (of 238)

Rank in course/Men: 7 (of 130)

Best time in course: 17:44

Rank in category: 1(of 15)

Best time in the category: 21:26

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	19:50	4:21	1	-	8	10:34	4.55	19:50	4:21	1	-	8	10:34
Last lap Finish	0.45	1:36	3:33	1	-	13	0:19	5.00	21:26	4:17	1	-	7	3:42