



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Knop, Silvio

Club: THEPRA FÖZ Am Fernebach
Number: 1178

Course: 5.00 km
5 km - Lauf

Category:
männliche Jugend U20 (18-19 Jahre)

Total time: 22:49

Speed: 13.15 km/h
Running performance: 4:34 min/km

Rank in course/Total: 21 (of 238)

Rank in course/Men: 16 (of 130)

Best time in course: 17:44

Rank in category: 2(of 5)

Best time in the category: 20:41

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	21:15	4:40	2	2:00	18	11:59	4.55	21:15	4:40	2	2:00	18	11:59
Last lap Finish	0.45	1:34	3:28	3	0:10	9	0:17	5.00	22:49	4:33	2	2:08	16	5:05