



# 3Türmelauf

Bad Langensalza / 14.04.2019

## Detailed evaluation

**Grube, Nils**

Club: Salza-Gymnasium

Number: 1146

Course: 5.00 km

5 km - Lauf

Category:

männliche Jugend U16 (14-15 Jahre)

Total time: 22:50

Speed: 13.14 km/h

Running performance: 4:34 min/km

Rank in course/Total: 22 (of 238)

Rank in course/Men: 17 (of 130)

Best time in course: 17:44

Rank in category: 4(of 11)

Best time in the category: 20:22

### Intermediate times

### Stage score

### Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	4.55	21:07	4:38	3	2:12	16	11:51	4.55	21:07	4:38	3	2:12	16	11:51
Last lap Finish	0.45	1:43	3:48	6	0:16	31	0:26	5.00	22:50	4:33	4	2:28	17	5:06