



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 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	21:07	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