



3Türmelauf

Bad Langensalza / 14.04.2019

Detailed evaluation

Holzappel, Julius

Club: Salza-Gymnasium

Number: 1154

Course: 5.00 km

5 km - Lauf

Category:

männliche Jugend U14 (12-13 Jahre)

Total time: 23:59

Speed: 12.51 km/h

Running performance: 4:48 min/km

Rank in course/Total: 38 (of 238)

Rank in course/Men: 28 (of 130)

Best time in course: 17:44

Rank in category: 5(of 15)

Best time in the category: 21:26

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	22:17	4:53	5	2:27	29	13:01	4.55	22:17	4:53	5	2:27	29	13:01
Last lap Finish	0.45	1:42	3:46	3	0:06	25	0:25	5.00	23:59	4:47	5	2:33	28	6:15