



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Karaschinsky, Adrian

Club: SWL-ENERGIE-TEAM
Number: 1116

Course: 5.00 km
5 km - Lauf

Category:
männliche Jugend U16 (14-15 Jahre)

Total time: 23:21

Speed: 12.85 km/h
Running performance: 4:40 min/km

Rank in course/Total: 29 (of 238)

Rank in course/Men: 21 (of 130)

Best time in course: 17:44

Rank in category: 5(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	21:50	4:47	5	2:55	23	12:34	4.55	21:50	4:47	5	2:55	23	12:34
Last lap Finish	0.45	1:31	3:22	4	0:04	7	0:14	5.00	23:21	4:40	5	2:59	21	5:37