



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Frank, Cornelius

Club: THEPRA Grundschule Bad Langensalza
Number: 1180

Course: 5.00 km
5 km - Lauf

Category:
männliche Kinder U12 (10-11 Jahre)

Total time: 23:47

Speed: 12.61 km/h
Running performance: 4:46 min/km

Rank in course/Total: 35 (of 238)

Rank in course/Men: 25 (of 130)

Best time in course: 17:44

Rank in category: 2(of 10)

Best time in the category: 21:32

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	22:08	4:51	2	2:14	28	12:52	4.55	22:08	4:51	2	2:14	28	12:52
Last lap Finish	0.45	1:39	3:39	2	0:01	19	0:22	5.00	23:47	4:45	2	2:15	25	6:03