



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Toussaint, Paul

Club: Bad Langensalza
Number: 1191

Course: 5.00 km
5 km - Lauf

Category:
männliche Jugend U14 (12-13 Jahre)

Total time: 23:33

Speed: 12.74 km/h
Running performance: 4:43 min/km

Rank in course/Total: 32 (of 238)

Rank in course/Men: 23 (of 130)

Best time in course: 17:44

Rank in category: 3(of 15)

Best time in the category: 21:26

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	21:51	4:48	3	2:01	24	12:35	4.55	21:51	4:48	3	2:01	24	12:35
Last lap Finish	0.45	1:42	3:46	3	0:06	25	0:25	5.00	23:33	4:42	3	2:07	23	5:49