



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Goedecke, Karl

Club: TGS Tonna
Number: 1123

Course: 5.00 km
5 km - Lauf

Category:
männliche Jugend U16 (14-15 Jahre)

Total time: 24:18

Speed: 12.35 km/h
Running performance: 4:52 min/km

Rank in course/Total: 46 (of 238)

Rank in course/Men: 34 (of 130)

Best time in course: 17:44

Rank in category: 6(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	4.55	22:35	4:57	6	3:40	38	13:19	4.55	22:35	4:57	6	3:40	38	13:19
Last lap Finish	0.45	1:43	3:48	6	0:16	31	0:26	5.00	24:18	4:51	6	3:56	34	6:34