



**3Türmelauf**  
Bad Langensalza / 14.04.2019

Detailed evaluation

**Raub, Jesse**

Club: Salza-Gymnasium  
Number: 1169

Course: 5.00 km  
5 km - Lauf

Category:  
männliche Jugend U14 (12-13 Jahre)

Total time: 24:49

Speed: 12.09 km/h  
Running performance: 4:58 min/km

Rank in course/Total: 58 (of 238)

Rank in course/Men: 45 (of 130)

Best time in course: 17:44

Rank in category: 6(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	23:04	5:04	6	3:14	46	13:48	4.55	23:04	5:04	6	3:14	46	13:48
Last lap Finish	0.45	1:45	3:53	7	0:09	40	0:28	5.00	24:49	4:57	6	3:23	45	7:05