



3Türmelauf

Bad Langensalza / 14.04.2019

Detailed evaluation

Hertel, Jonas

Club: Salza-Gymnasium

Number: 1152

Course: 5.00 km

5 km - Lauf

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 26:30

Speed: 11.32 km/h

Running performance: 5:18 min/km

Rank in course/Total: 86 (of 238)

Rank in course/Men: 64 (of 130)

Best time in course: 17:44

Rank in category: 5(of 5)

Best time in the category: 20:41

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	4.55	25:06	5:30	5	5:51	72	15:50	4.55	25:06	5:30	5	5:51	72	15:50
Last lap Finish	0.45	1:24	3:06	1	-	2	0:07	5.00	26:30	5:17	5	5:49	64	8:46