



3Türmelauf

Bad Langensalza / 14.04.2019

Detailed evaluation

Ißleib, Nils

Club: Salza-Gymnasium

Number: 1156

Course: 5.00 km

5 km - Lauf

Category:

männliche Jugend U18 (16-17 Jahre)

Total time: 27:15

Speed: 11.01 km/h

Running performance: 5:27 min/km

Rank in course/Total: 99 (of 238)

Rank in course/Men: 73 (of 130)

Best time in course: 17:44

Rank in category: 4(of 7)

Best time in the category: 24:24

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	25:31	5:36	5	16:15	78	16:15	4.55	25:31	5:36	5	16:15	78	16:15
Last lap Finish	0.45	1:44	3:51	2	0:09	37	0:27	5.00	27:15	5:27	4	2:51	73	9:31