



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Ludewig, Lennox

Club: SV Empor Bad Langensalza Abt.Boxen
Number: 1218

Course: 5.00 km
5 km - Lauf

Category:
männliche Jugend U16 (14-15 Jahre)

Total time: 27:02

Speed: 11.10 km/h
Running performance: 5:25 min/km

Rank in course/Total: 96 (of 238)

Rank in course/Men: 71 (of 130)

Best time in course: 17:44

Rank in category: 7(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	25:23	5:34	7	6:28	75	16:07	4.55	25:23	5:34	7	6:28	75	16:07
Last lap Finish	0.45	1:39	3:39	5	0:12	19	0:22	5.00	27:02	5:24	7	6:40	71	9:18