



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Arrat, Maohammad Ali

Club: SV Empor Bad Langensalza Abt.Boxen
Number: 1209

Course: 5.00 km
5 km - Lauf

Category:
männliche Kinder U12 (10-11 Jahre)

Total time: 28:37

Speed: 10.48 km/h
Running performance: 5:43 min/km

Rank in course/Total: 119 (of 238)

Rank in course/Men: 86 (of 130)

Best time in course: 17:44

Rank in category: 7(of 10)

Best time in the category: 21:32

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	26:19	5:47	7	6:25	88	17:03	4.55	26:19	5:47	7	6:25	88	17:03
Last lap Finish	0.45	2:18	5:06	7	0:40	108	1:01	5.00	28:37	5:43	7	7:05	86	10:53