



3Türmelauf

Bad Langensalza / 14.04.2019

Detailed evaluation

Görke, Richard

Club: Salza-Gymnasium

Number: 1144

Course: 5.00 km

5 km - Lauf

Category:

männliche Jugend U14 (12-13 Jahre)

Total time: 29:38

Speed: 10.12 km/h

Running performance: 5:56 min/km

Rank in course/Total: 137 (of 238)

Rank in course/Men: 94 (of 130)

Best time in course: 17:44

Rank in category: 9(of 15)

Best time in the category: 21:26

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	27:57	6:08	11	8:07	103	18:41	4.55	27:57	6:08	11	8:07	103	18:41
Last lap Finish	0.45	1:41	3:44	2	0:05	24	0:24	5.00	29:38	5:55	9	8:12	94	11:54