



3Türmelauf  
Bad Langensalza / 14.04.2019

Detailed evaluation

Dembeck, Luca

Club: DaRoTel  
Number: 1065

Course: 5.00 km  
5 km - Lauf

Category:  
männliche Jugend U14 (12-13 Jahre)

Total time: 29:45

Speed: 10.08 km/h  
Running performance: 5:57 min/km

Rank in course/Total: 140 (of 238)

Rank in course/Men: 96 (of 130)

Best time in course: 17:44

Rank in category: 10(of 15)

Best time in the category: 21:26

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	4.55	27:37	6:04	9	7:47	98	18:21	4.55	27:37	6:04	9	7:47	98	18:21
Last lap Finish	0.45	2:08	4:44	11	0:32	93	0:51	5.00	29:45	5:57	10	8:19	96	12:01