



3Türmelauf  
Bad Langensalza / 14.04.2019

Detailed evaluation

Lukas, Anton

Club: SV Empor Bad Langensalza Abt.Boxen  
Number: 1220

Course: 5.00 km  
5 km - Lauf

Category:  
männliche Jugend U16 (14-15 Jahre)

Total time: 31:34

Speed: 9.50 km/h  
Running performance: 6:19 min/km

Rank in course/Total: 183 (of 238)

Rank in course/Men: 111 (of 130)

Best time in course: 17:44

Rank in category: 10(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	29:31	6:29	10	10:36	113	20:15	4.55	29:31	6:29	10	10:36	113	20:15
Last lap Finish	0.45	2:03	4:33	9	0:36	83	0:46	5.00	31:34	6:18	10	11:12	111	13:50