



3Türmelauf  
Bad Langensalza / 14.04.2019

Detailed evaluation

Manteufel, Richard

Club: Salza-Gymnasium  
Number: 1164

Course: 5.00 km  
5 km - Lauf

Category:  
männliche Jugend U14 (12-13 Jahre)

Total time: 33:46

Speed: 8.88 km/h  
Running performance: 6:45 min/km

Rank in course/Total: 205 (of 238)

Rank in course/Men: 121 (of 130)

Best time in course: 17:44

Rank in category: 12(of 15)

Best time in the category: 21:26

Intermediate times

Stage score

Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Lap 1           | 4.55        | 31:01         | 6:49            | 12          | 11:11          | 122         | 21:45         | 4.55          | 31:01         | 6:49            | 12          | 11:11          | 122        | 21:45         |
| Last lap Finish | 0.45        | 2:45          | 6:06            | 14          | 1:09           | 125         | 1:28          | 5.00          | 33:46         | 6:45            | 12          | 12:20          | 121        | 16:02         |