



## 3Türmelauf

Bad Langensalza / 14.04.2019

### Detailed evaluation

**Arrat, Nourlhak**

Club: SV Empor Bad Langensalza Abt.Boxen  
Number: 1210

Course: 5.00 km

5 km - Lauf

Category:

männliche Kinder U12 (10-11 Jahre)

Total time: 34:04

Speed: 8.81 km/h

Running performance: 6:49 min/km

Rank in course/Total: 208 (of 238)

Rank in course/Men: 123 (of 130)

Best time in course: 17:44

Rank in category: 10(of 10)

Best time in the category: 21:32

### 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  | 31:25 | 6:54   | 10   | 11:31  | 124 | 22:09  | 4.55  | 31:25 | 6:54   | 10   | 11:31  | 124 | 22:09  |
| Last lap Finish | 0.45  | 2:39  | 5:53   | 10   | 1:01   | 121 | 1:22   | 5.00  | 34:04 | 6:48   | 10   | 12:32  | 123 | 16:20  |