



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