



3Türmelauf

Bad Langensalza / 14.04.2019

Detailed evaluation

Hofmann, Janik

Club: Salza-Gymnasium

Number: 1153

Course: 5.00 km

5 km - Lauf

Category:

männliche Jugend U18 (16-17 Jahre)

Total time: 30:14

Speed: 9.92 km/h

Running performance: 6:03 min/km

Rank in course/Total: 154 (of 238)

Rank in course/Men: 102 (of 130)

Best time in course: 17:44

Rank in category: 6(of 7)

Best time in the category: 24:24

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	28:09	6:11	7	18:53	105	18:53	4.55	28:09	6:11	7	18:53	105	18:53
Last lap Finish	0.45	2:05	4:37	5	0:30	86	0:48	5.00	30:14	6:02	6	5:50	102	12:30