



**3Türmelauf**  
Bad Langensalza / 14.04.2019

Detailed evaluation

**Tast, Bennet**

Club: Arnstadt  
Number: 1052

Course: 5.00 km  
5 km - Lauf

Category:  
männliche Jugend U18 (16-17 Jahre)

**Total time: 42:38**

Speed: 7.04 km/h  
Running performance: 8:32 min/km

Rank in course/Total: 235 (of 238)

Rank in course/Men: 129 (of 130)

Best time in course: 17:44

Rank in category: 7(of 7)

Best time in the category: 24:24

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	4.55	9:16	2:02	1	-	1	-	4.55	9:16	2:02	1	-	1	-
Last lap Finish	0.45	33:22	74:08	7	31:47	130	32:05	5.00	42:38	8:31	7	18:14	129	24:54