



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

HIESE, Cara

Club: SLG Bad Langensalza
Number: 1164

Course: 5.00 km
5 km - Lauf

Category:
weibliche Jugend U18 (16-17 Jahre)

Total time: 26:34

Speed: 11.29 km/h
Running performance: 5:19 min/km

Rank in course/Total: 63 (of 232)
Rank in course/Women: 14 (of 96)
Best time in course: 20:57

Rank in category: 1(of 16)
Best time in the category: 26:34

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	0.50	2:35	5:10	3	0:23	32	0:50	0.50	2:35	5:10	3	0:23	32	0:50
Lap 2	4.00	21:38	5:24	1	-	14	4:29	4.50	24:13	5:22	1	-	15	5:16
Last lap Finish	0.50	2:21	4:42	1	-	10	0:21	5.00	26:34	5:18	1	-	14	5:37