



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

KURZYNOGA, Leonie

Club: SV Empor Bad Langensalza Boxen
Number: 1197

Course: 5.00 km
5 km - Lauf

Category:
weibliche Jugend U16 (14-15 Jahre)

Total time: 29:29

Speed: 10.18 km/h
Running performance: 5:54 min/km

Rank in course/Total: 114 (of 232)

Rank in course/Women: 31 (of 96)

Best time in course: 20:57

Rank in category: 6(of 19)

Best time in the category: 24:38

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	2:19	4:38	5	0:16	16	0:34	0.50	2:19	4:38	5	0:16	16	0:34
Lap 2	4.00	24:34	6:08	7	4:18	39	7:25	4.50	26:53	5:58	6	4:21	31	7:56
Last lap Finish	0.50	2:36	5:12	5	0:30	27	0:36	5.00	29:29	5:53	6	4:51	31	8:32