



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

Reif, Paula

Club: SV Empor
Number: 1220

Course: 5.00 km
5 km - Lauf

Category:
weibliche Jugend U14 (12-13 Jahre)

Total time: 29:28

Speed: 10.18 km/h
Running performance: 5:53 min/km

Rank in course/Total: 113 (of 232)

Rank in course/Women: 30 (of 96)

Best time in course: 20:57

Rank in category: 6(of 13)

Best time in the category: 23:33

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	2:23	4:46	5	0:37	24	0:38	0.50	2:23	4:46	5	0:37	24	0:38
Lap 2	4.00	24:32	6:08	7	5:09	38	7:23	4.50	26:55	5:58	6	5:46	32	7:58
Last lap Finish	0.50	2:33	5:05	5	0:16	20	0:33	5.00	29:28	5:53	6	5:55	30	8:31