



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

SHAMMA, Mahmood

Club: FSV Preußen
Number: 1051

Course: 5.00 km
5 km - Lauf

Category:
weibliche Jugend U16 (14-15 Jahre)

Total time: 31:04

Speed: 9.66 km/h
Running performance: 6:13 min/km

Rank in course/Total: 154 (of 232)

Rank in course/Women: 51 (of 96)

Best time in course: 20:57

Rank in category: 9(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	2:53	5:46	11	0:50	54	1:08	0.50	2:53	5:46	11	0:50	54	1:08
Lap 2	4.00	25:08	6:16	9	4:52	45	7:59	4.50	28:01	6:13	9	5:29	46	9:04
Last lap Finish	0.50	3:03	6:05	15	0:57	71	1:03	5.00	31:04	6:12	9	6:26	51	10:07