



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

ARRAT, Leen

Club: SV Empor Bad Langensalza Boxen
Number: 1205

Course: 5.00 km
5 km - Lauf

Category:
weibliche Jugend U16 (14-15 Jahre)

Total time: 35:44

Speed: 8.40 km/h
Running performance: 7:09 min/km

Rank in course/Total: 208 (of 232)

Rank in course/Women: 83 (of 96)

Best time in course: 20:57

Rank in category: 14(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	2:21	4:42	7	0:18	20	0:36	0.50	2:21	4:42	7	0:18	20	0:36
Lap 2	4.00	30:10	7:32	17	9:54	91	13:01	4.50	32:31	7:13	14	9:59	83	13:34
Last lap Finish	0.50	3:13	6:26	17	1:07	82	1:13	5.00	35:44	7:08	14	11:06	83	14:47