



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

ARRAT, Lojain

Club: SV Empor Bad Langensalza Boxen
Number: 1206

Course: 5.00 km
5 km - Lauf

Category:
weibliche Jugend U16 (14-15 Jahre)

Total time: 35:45

Speed: 8.39 km/h
Running performance: 7:09 min/km

Rank in course/Total: 209 (of 232)

Rank in course/Women: 84 (of 96)

Best time in course: 20:57

Rank in category: 15(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	2:27	4:54	8	0:24	28	0:42	0.50	2:27	4:54	8	0:24	28	0:42
Lap 2	4.00	30:04	7:30	15	9:48	88	12:55	4.50	32:31	7:13	14	9:59	83	13:34
Last lap Finish	0.50	3:14	6:28	18	1:08	84	1:14	5.00	35:45	7:09	15	11:07	84	14:48