



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

PAAK, Letizia

Club: SV Empor Bad Langensalza Boxen
Number: 1188

Course: 5.00 km
5 km - Lauf

Category:
weibliche Jugend U16 (14-15 Jahre)

Total time: 36:02

Speed: 8.33 km/h
Running performance: 7:13 min/km

Rank in course/Total: 216 (of 232)

Rank in course/Women: 88 (of 96)

Best time in course: 20:57

Rank in category: 16(of 19)

Best time in the category: 24:38

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	2:44	5:28	9	0:41	42	0:59	0.50	2:44	5:28	9	0:41	42	0:59
Lap 2	4.00	30:25	7:36	19	10:09	94	13:16	4.50	33:09	7:21	18	10:37	91	14:12
Last lap Finish	0.50	2:53	5:46	10	0:47	60	0:53	5.00	36:02	7:12	16	11:24	88	15:05