



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

SONDERMANN, Patricia

Club: SV Empor Bad Langensalza Boxen
Number: 1184

Course: 5.00 km
5 km - Lauf

Category:
weibliche Jugend U20 (18-19 Jahre)

Total time: 36:00
Speed: 8.33 km/h
Running performance: 7:12 min/km
Rank in course/Total: 214 (of 232)
Rank in course/Women: 87 (of 96)
Best time in course: 20:57
Rank in category: 3(of 3)
Best time in the category: 20:57

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	2:44	5:28	2	0:56	42	0:59	0.50	2:44	5:28	2	0:56	42	0:59
Lap 2	4.00	30:04	7:30	3	12:55	88	12:55	4.50	32:48	7:17	3	13:51	87	13:51
Last lap Finish	0.50	3:12	6:24	3	1:12	78	1:12	5.00	36:00	7:12	3	15:03	87	15:03