



3Türmelauf

Bad Langensalza / 22.04.2018

Detailed evaluation

OCHMANN, Nele

Club: Salza Gymnasium

Number: 1123

Course: 5.00 km

5 km - Lauf

Category:

weibliche Jugend U14 (12-13 Jahre)

Total time: 28:10

Speed: 10.65 km/h

Running performance: 5:38 min/km

Rank in course/Total: 98 (of 232)

Rank in course/Women: 20 (of 96)

Best time in course: 20:57

Rank in category: 5(of 13)

Best time in the category: 23:33

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	2:21	4:42	3	0:35	20	0:36	0.50	2:21	4:42	3	0:35	20	0:36
Lap 2	4.00	23:12	5:47	5	3:49	20	6:03	4.50	25:33	5:40	5	4:24	20	6:36
Last lap Finish	0.50	2:37	5:14	9	0:20	31	0:37	5.00	28:10	5:38	5	4:37	20	7:13