



3Türmelauf

Bad Langensalza / 22.04.2018

Detailed evaluation

LEINHOS, Sophia

Club: Salza Gymnasium

Number: 1132

Course: 5.00 km

5 km - Lauf

Category:

weibliche Jugend U16 (14-15 Jahre)

Total time: 28:56

Speed: 10.37 km/h

Running performance: 5:47 min/km

Rank in course/Total: 103 (of 232)

Rank in course/Women: 23 (of 96)

Best time in course: 20:57

Rank in category: 4(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.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	0.50	2:16	4:31	3	0:13	12	0:31	0.50	2:16	4:31	3	0:13	12	0:31
Lap 2	4.00	24:09	6:02	5	3:53	29	7:00	4.50	26:25	5:52	5	3:53	25	7:28
Last lap Finish	0.50	2:31	5:01	2	0:25	16	0:31	5.00	28:56	5:47	4	4:18	23	7:59