



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 |