



**3Türmelauf**  
Bad Langensalza / 22.04.2018

Detailed evaluation

**SIEBERT, Lavinia**

Club: Salza Gymnasium  
Number: 1113

Course: 5.00 km  
5 km - Lauf

Category:  
weibliche Jugend U16 (14-15 Jahre)

Total time: 30:03  
Speed: 9.98 km/h  
Running performance: 6:01 min/km  
Rank in course/Total: 135 (of 232)  
Rank in course/Women: 39 (of 96)  
Best time in course: 20:57  
Rank in category: 7(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.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	0.50	3:04	6:08	15	1:01	70	1:19	0.50	3:04	6:08	15	1:01	70	1:19
Lap 2	4.00	24:20	6:04	6	4:04	33	7:11	4.50	27:24	6:05	7	4:52	40	8:27
Last lap Finish	0.50	2:39	5:17	7	0:33	36	0:39	5.00	30:03	6:00	7	5:25	39	9:06