



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

HOHENSTEIN, Laura

Club: LTV Erfurt
Number: 1084

Course: 5.00 km
5 km - Lauf

Category:
weibliche Jugend U20 (18-19 Jahre)

Total time: 20:57

Speed: 14.32 km/h
Running performance: 4:11 min/km

Rank in course/Total: 5 (of 232)
Rank in course/Women: 1 (of 96)
Best time in course: 20:57

Rank in category: 1(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	1:48	3:36	1	-	3	0:03	0.50	1:48	3:36	1	-	3	0:03
Lap 2	4.00	17:09	4:17	1	-	1	-	4.50	18:57	4:12	1	-	1	-
Last lap Finish	0.50	2:00	4:00	1	-	1	-	5.00	20:57	4:11	1	-	1	-