



3Türmelauf  
Bad Langensalza / 22.04.2018

Detailed evaluation

HABERSTOLZ, Elisa

Club: Salza Gymnasium  
Number: 1151

Course: 5.00 km  
5 km - Lauf

Category:  
weibliche Jugend U20 (18-19 Jahre)

Total time: 31:36  
Speed: 9.49 km/h  
Running performance: 6:19 min/km  
Rank in course/Total: 166 (of 232)  
Rank in course/Women: 56 (of 96)  
Best time in course: 20:57  
Rank in category: 2(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	3:10	6:19	3	1:22	78	1:25	0.50	3:10	6:19	3	1:22	78	1:25
Lap 2	4.00	25:40	6:25	2	8:31	56	8:31	4.50	28:50	6:24	2	9:53	57	9:53
Last lap Finish	0.50	2:46	5:31	2	0:46	45	0:46	5.00	31:36	6:19	2	10:39	56	10:39