



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

HEINE, Lina

Club: Salza Gymnasium
Number: 1147

Course: 5.00 km
5 km - Lauf

Category:
weibliche Jugend U14 (12-13 Jahre)

Total time: 31:00

Speed: 9.68 km/h
Running performance: 6:12 min/km

Rank in course/Total: 152 (of 232)

Rank in course/Women: 49 (of 96)

Best time in course: 20:57

Rank in category: 9(of 13)

Best time in the category: 23:33

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	12	1:24	78	1:25	0.50	3:10	6:19	12	1:24	78	1:25
Lap 2	4.00	25:14	6:18	9	5:51	49	8:05	4.50	28:24	6:18	9	7:15	51	9:27
Last lap Finish	0.50	2:36	5:12	7	0:19	27	0:36	5.00	31:00	6:12	9	7:27	49	10:03