



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

ZIEGENHALS, Henna

Club: Salza Gymnasium
Number: 1100

Course: 5.00 km
5 km - Lauf

Category:
weibliche Jugend U16 (14-15 Jahre)

Total time: 31:49

Speed: 9.43 km/h
Running performance: 6:22 min/km

Rank in course/Total: 168 (of 232)

Rank in course/Women: 57 (of 96)

Best time in course: 20:57

Rank in category: 10(of 19)

Best time in the category: 24:38

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	3:09	6:17	16	1:06	75	1:24	0.50	3:09	6:17	16	1:06	75	1:24
Lap 2	4.00	25:29	6:22	10	5:13	53	8:20	4.50	28:38	6:21	10	6:06	55	9:41
Last lap Finish	0.50	3:11	6:21	16	1:05	76	1:11	5.00	31:49	6:21	10	7:11	57	10:52