



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

PUHL, Pauline

Club: Salza Gymnasium
Number: 1120

Course: 5.00 km
5 km - Lauf

Category:
weibliche Jugend U18 (16-17 Jahre)

Total time: 31:21

Speed: 9.57 km/h
Running performance: 6:16 min/km

Rank in course/Total: 161 (of 232)

Rank in course/Women: 54 (of 96)

Best time in course: 20:57

Rank in category: 7(of 16)

Best time in the category: 26:34

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	2:42	5:24	7	0:30	40	0:57	0.50	2:42	5:24	7	0:30	40	0:57
Lap 2	4.00	25:50	6:27	8	4:12	57	8:41	4.50	28:32	6:20	7	4:19	53	9:35
Last lap Finish	0.50	2:49	5:38	6	0:28	50	0:49	5.00	31:21	6:16	7	4:47	54	10:24