



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

LAMM, Elisa

Club: Salza Gymnasium
Number: 1133

Course: 5.00 km
5 km - Lauf

Category:
weibliche Jugend U14 (12-13 Jahre)

Total time: 32:36

Speed: 9.20 km/h
Running performance: 6:31 min/km

Rank in course/Total: 177 (of 232)

Rank in course/Women: 62 (of 96)

Best time in course: 20:57

Rank in category: 11(of 13)

Best time in the category: 23:33

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	2:49	5:38	9	1:03	50	1:04	0.50	2:49	5:38	9	1:03	50	1:04
Lap 2	4.00	26:55	6:43	11	7:32	64	9:46	4.50	29:44	6:36	11	8:35	64	10:47
Last lap Finish	0.50	2:52	5:44	13	0:35	57	0:52	5.00	32:36	6:31	11	9:03	62	11:39