



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

Puderbach, Amelie

Club: Salza Gymnasium
Number: 1252

Course: 5.00 km
5 km - Lauf

Category:
weibliche Jugend U14 (12-13 Jahre)

Total time: 30:39

Speed: 9.79 km/h
Running performance: 6:08 min/km

Rank in course/Total: 147 (of 232)

Rank in course/Women: 45 (of 96)

Best time in course: 20:57

Rank in category: 8(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	2:51	5:42	10	1:05	52	1:06	0.50	2:51	5:42	10	1:05	52	1:06
Lap 2	4.00	25:13	6:18	8	5:50	47	8:04	4.50	28:04	6:14	8	6:55	47	9:07
Last lap Finish	0.50	2:35	5:10	6	0:18	23	0:35	5.00	30:39	6:07	8	7:06	45	9:42