



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

HOF, Jamie Lee

Club: Salza Gymnasium
Number: 1143

Course: 5.00 km
5 km - Lauf

Category:
weibliche Jugend U18 (16-17 Jahre)

Total time: 34:49

Speed: 8.62 km/h
Running performance: 6:58 min/km

Rank in course/Total: 199 (of 232)

Rank in course/Women: 77 (of 96)

Best time in course: 20:57

Rank in category: 12(of 16)

Best time in the category: 26:34

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	3:05	6:10	13	0:53	72	1:20	0.50	3:05	6:10	13	0:53	72	1:20
Lap 2	4.00	28:31	7:07	12	6:53	78	11:22	4.50	31:36	7:01	12	7:23	78	12:39
Last lap Finish	0.50	3:13	6:26	15	0:52	82	1:13	5.00	34:49	6:57	12	8:15	77	13:52