



# 3Türmelauf

Bad Langensalza / 22.04.2018

## Detailed evaluation

### ZIEGENHALS, Leonie

Club: Salza Gymnasium

Number: 1099

Course: 5.00 km

5 km - Lauf

Category:

weibliche Jugend U16 (14-15 Jahre)

Total time: 32:43

Speed: 9.17 km/h

Running performance: 6:32 min/km

Rank in course/Total: 180 (of 232)

Rank in course/Women: 64 (of 96)

Best time in course: 20:57

Rank in category: 13(of 19)

Best time in the category: 24:38

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Stage score |                |              |                 | Total ranking |               |                 |             |                |              |                 |
|-----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
|                 |             |               |                 | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>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        | 26:34         | 6:38            | 12          | 6:18           | 60           | 9:25            | 4.50          | 29:43         | 6:36            | 13          | 7:11           | 63           | 10:46           |
| Last lap Finish | 0.50        | 3:00          | 6:00            | 13          | 0:54           | 66           | 1:00            | 5.00          | 32:43         | 6:32            | 13          | 8:05           | 64           | 11:46           |