



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 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	3:09	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