



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

IHLE, Michelle

Club: Salza Gymnasium
Number: 1141

Course: 5.00 km
5 km - Lauf

Category:
weibliche Jugend U18 (16-17 Jahre)

Total time: 35:20

Speed: 8.49 km/h
Running performance: 7:04 min/km

Rank in course/Total: 205 (of 232)

Rank in course/Women: 82 (of 96)

Best time in course: 20:57

Rank in category: 14(of 16)

Best time in the category: 26:34

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	3:10	6:19	15	0:58	78	1:25	0.50	3:10	6:19	15	0:58	78	1:25
Lap 2	4.00	29:02	7:15	13	7:24	81	11:53	4.50	32:12	7:09	14	7:59	82	13:15
Last lap Finish	0.50	3:08	6:15	12	0:47	74	1:08	5.00	35:20	7:04	14	8:46	82	14:23