



3Türmelauf  
Bad Langensalza / 22.04.2018

Detailed evaluation

**RUNAU, Heidi**

Club: THEPRA Grundschule Bad Langensalza  
Number: 1971

Course: 1.00 km  
Schülerlauf

Category:  
weibliche Kinder U8 (unter 8 Jahren)

Total time: 4:40

Speed: 12.86 km/h  
Running performance: 4:40 min/km

Rank in course/Total: 117 (of 257)

Rank in course/Women: 54 (of 139)

Best time in course: 3:34

Rank in category: 1(of 13)

Best time in the category: 4:40

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	2:25	4:49	2	0:03	63	0:37	0.50	2:25	4:49	2	0:03	63	0:37
Last lap Finish	0.50	2:15	4:30	1	-	51	0:30	1.00	4:40	4:40	1	-	54	1:06