



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Hartung, Annabell

Club: SV Creaton Großgotttern
Number: 1105

Course: 5.00 km
5 km - Lauf

Category:
weibliche Jugend U16 (14-15 Jahre)

Total time: 22:55

Speed: 13.09 km/h
Running performance: 4:35 min/km

Rank in course/Total: 24 (of 238)
Rank in course/Women: 6 (of 108)
Best time in course: 21:46

Rank in category: 1(of 15)
Best time in the category: 22:55

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	4.55	21:23	4:41	2	0:04	8	12:09	4.55	21:23	4:41	2	0:04	8	12:09
Last lap Finish	0.45	1:32	3:24	1	-	1	-	5.00	22:55	4:35	1	-	6	1:09