



**3Türmelauf**  
Bad Langensalza / 14.04.2019

Detailed evaluation

**Sommer, Lillian**

Club: Herbsleben  
Number: 1049

Course: 5.00 km  
5 km - Lauf

Category:  
weibliche Jugend U16 (14-15 Jahre)

Total time: 23:22

Speed: 12.84 km/h  
Running performance: 4:40 min/km

Rank in course/Total: 30 (of 238)  
Rank in course/Women: 9 (of 108)  
Best time in course: 21:46

Rank in category: 3(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.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	4.55	21:36	4:44	3	0:17	10	12:22	4.55	21:36	4:44	3	0:17	10	12:22
Last lap Finish	0.45	1:46	3:55	3	0:14	13	0:14	5.00	23:22	4:40	3	0:27	9	1:36