



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Leinhos, Sophia

Club: Salza-Gymnasium
Number: 1162

Course: 5.00 km
5 km - Lauf

Category:
weibliche Jugend U18 (16-17 Jahre)

Total time: 23:36
Speed: 12.71 km/h
Running performance: 4:43 min/km
Rank in course/Total: 34 (of 238)
Rank in course/Women: 10 (of 108)
Best time in course: 21:46
Rank in category: 1(of 11)
Best time in the category: 23:36

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	21:53	4:48	1	-	11	12:39	4.55	21:53	4:48	1	-	11	12:39
Last lap Finish	0.45	1:43	3:48	1	-	7	0:11	5.00	23:36	4:43	1	-	10	1:50