



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Leuchtmann, Mira

Club: SV Empor Bad Langensalza Abt.Boxen
Number: 1217

Course: 5.00 km
5 km - Lauf

Category:
weibliche Jugend U16 (14-15 Jahre)

Total time: 24:24

Speed: 12.30 km/h
Running performance: 4:53 min/km

Rank in course/Total: 50 (of 238)

Rank in course/Women: 13 (of 108)

Best time in course: 21:46

Rank in category: 4(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	22:28	4:56	4	1:09	13	13:14	4.55	22:28	4:56	4	1:09	13	13:14
Last lap Finish	0.45	1:56	4:17	4	0:24	21	0:24	5.00	24:24	4:52	4	1:29	13	2:38