



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Puhl, Pauline

Club: Salza-Gymnasium
Number: 1168

Course: 5.00 km
5 km - Lauf

Category:
weibliche Jugend U18 (16-17 Jahre)

Total time: 25:31

Speed: 11.76 km/h
Running performance: 5:06 min/km

Rank in course/Total: 74 (of 238)

Rank in course/Women: 18 (of 108)

Best time in course: 21:46

Rank in category: 3(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.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	4.55	23:36	5:11	3	1:43	20	14:22	4.55	23:36	5:11	3	1:43	20	14:22
Last lap Finish	0.45	1:55	4:15	4	0:12	20	0:23	5.00	25:31	5:06	3	1:55	18	3:45