



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Grießbach, Hermine

Club: SV Creaton Großengottern
Number: 1103

Course: 5.00 km
5 km - Lauf

Category:
weibliche Jugend U14 (12-13 Jahre)

Total time: 25:50

Speed: 11.61 km/h
Running performance: 5:10 min/km

Rank in course/Total: 79 (of 238)

Rank in course/Women: 20 (of 108)

Best time in course: 21:46

Rank in category: 3(of 10)

Best time in the category: 22:12

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	23:58	5:16	3	3:25	21	14:44	4.55	23:58	5:16	3	3:25	21	14:44
Last lap Finish	0.45	1:52	4:08	4	0:16	18	0:20	5.00	25:50	5:09	3	3:38	20	4:04