



3Türmelauf

Bad Langensalza / 14.04.2019

Detailed evaluation

Werthmann, Julia

Club: Salza-Gymnasium

Number: 1187

Course: 5.00 km

5 km - Lauf

Category:

weibliche Jugend U18 (16-17 Jahre)

Total time: 26:43

Speed: 11.23 km/h

Running performance: 5:20 min/km

Rank in course/Total: 89 (of 238)

Rank in course/Women: 23 (of 108)

Best time in course: 21:46

Rank in category: 4(of 11)

Best time in the category: 23:36

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Lap 1	4.55	24:43	5:25	4	2:50	24	15:29	4.55	24:43	5:25	4	2:50	24	15:29
Last lap Finish	0.45	2:00	4:26	5	0:17	30	0:28	5.00	26:43	5:20	4	3:07	23	4:57