



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Kurzynoga, Leonie

Club: SV Empor Bad Langensalza Abt.Boxen
Number: 1214

Course: 5.00 km
5 km - Lauf

Category:
weibliche Jugend U18 (16-17 Jahre)

Total time: 27:43

Speed: 10.82 km/h
Running performance: 5:32 min/km

Rank in course/Total: 108 (of 238)

Rank in course/Women: 29 (of 108)

Best time in course: 21:46

Rank in category: 5(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	25:56	5:41	5	4:03	31	16:42	4.55	25:56	5:41	5	4:03	31	16:42
Last lap Finish	0.45	1:47	3:57	3	0:04	14	0:15	5.00	27:43	5:32	5	4:07	29	5:57