



3Türmelauf

Bad Langensalza / 14.04.2019

Detailed evaluation

Müller, Mara

Club: Salza-Gymnasium

Number: 1166

Course: 5.00 km

5 km - Lauf

Category:

weibliche Jugend U14 (12-13 Jahre)

Total time: 30:11

Speed: 9.94 km/h

Running performance: 6:02 min/km

Rank in course/Total: 151 (of 238)

Rank in course/Women: 50 (of 108)

Best time in course: 21:46

Rank in category: 8(of 10)

Best time in the category: 22:12

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	28:08	6:10	8	7:35	56	18:54	4.55	28:08	6:10	8	7:35	56	18:54
Last lap Finish	0.45	2:03	4:33	7	0:27	35	0:31	5.00	30:11	6:02	8	7:59	50	8:25