



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Fischer, Lena

Club: Bad Tennstedt
Number: 1016

Course: 5.00 km
5 km - Lauf

Category:
weibliche Jugend U20 (18-19 Jahre)

Total time: 29:38

Speed: 10.12 km/h
Running performance: 5:56 min/km

Rank in course/Total: 138 (of 238)

Rank in course/Women: 44 (of 108)

Best time in course: 21:46

Rank in category: 1(of 5)

Best time in the category: 29:38

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	27:29	6:02	1	-	44	18:15	4.55	27:29	6:02	1	-	44	18:15
Last lap Finish	0.45	2:09	4:46	2	0:04	48	0:37	5.00	29:38	5:55	1	-	44	7:52