



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Heine, Lina

Club: Salza-Gymnasium
Number: 1151

Course: 5.00 km
5 km - Lauf

Category:
weibliche Jugend U14 (12-13 Jahre)

Total time: 31:02

Speed: 9.67 km/h
Running performance: 6:13 min/km

Rank in course/Total: 174 (of 238)

Rank in course/Women: 65 (of 108)

Best time in course: 21:46

Rank in category: 9(of 10)

Best time in the category: 22:12

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	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	28:44	6:18	9	8:11	71	19:30	4.55	28:44	6:18	9	8:11	71	19:30
Last lap Finish	0.45	2:18	5:06	10	0:42	66	0:46	5.00	31:02	6:12	9	8:50	65	9:16