



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 |