



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Lemke, Leonie

Club: Salza-Gymnasium
Number: 1163

Course: 5.00 km
5 km - Lauf

Category:
weibliche Jugend U18 (16-17 Jahre)

Total time: 31:19

Speed: 9.58 km/h
Running performance: 6:16 min/km

Rank in course/Total: 179 (of 238)

Rank in course/Women: 70 (of 108)

Best time in course: 21:46

Rank in category: 7(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.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	4.55	29:05	6:23	7	7:12	73	19:51	4.55	29:05	6:23	7	7:12	73	19:51
Last lap Finish	0.45	2:14	4:57	7	0:31	58	0:42	5.00	31:19	6:15	7	7:43	70	9:33