



**3Türmelauf**  
Bad Langensalza / 14.04.2019

Detailed evaluation

**Haberstolz, Elisa**

Club: Salza-Gymnasium  
Number: 1148

Course: 5.00 km  
5 km - Lauf

Category:  
weibliche Jugend U20 (18-19 Jahre)

Total time: 31:18  
Speed: 9.58 km/h  
Running performance: 6:16 min/km  
Rank in course/Total: 178 (of 238)  
Rank in course/Women: 69 (of 108)  
Best time in course: 21:46  
Rank in category: 3(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	29:06	6:23	3	1:37	74	19:52	4.55	29:06	6:23	3	1:37	74	19:52
Last lap Finish	0.45	2:12	4:53	3	0:07	54	0:40	5.00	31:18	6:15	3	1:40	69	9:32