



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Puderbach, Amelie

Club: Bad Langensalza
Number: 1034

Course: 5.00 km
5 km - Lauf

Category:
weibliche Jugend U14 (12-13 Jahre)

Total time: 29:45
Speed: 10.08 km/h
Running performance: 5:57 min/km
Rank in course/Total: 141 (of 238)
Rank in course/Women: 45 (of 108)
Best time in course: 21:46
Rank in category: 7(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.	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	27:56	6:08	7	7:23	48	18:42	4.55	27:56	6:08	7	7:23	48	18:42
Last lap Finish	0.45	1:49	4:02	3	0:13	17	0:17	5.00	29:45	5:57	7	7:33	45	7:59