



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Holzappel, Linnea

Club: Salza-Gymnasium
Number: 1155

Course: 5.00 km
5 km - Lauf

Category:
weibliche Jugend U16 (14-15 Jahre)

Total time: 35:24

Speed: 8.47 km/h
Running performance: 7:05 min/km

Rank in course/Total: 217 (of 238)

Rank in course/Women: 91 (of 108)

Best time in course: 21:46

Rank in category: 11(of 15)

Best time in the category: 22:55

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	33:04	7:16	11	11:45	98	23:50	4.55	33:04	7:16	11	11:45	98	23:50
Last lap Finish	0.45	2:20	5:11	11	0:48	72	0:48	5.00	35:24	7:04	11	12:29	91	13:38