



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Guba, Marah

Club: TTV TWB Bad Langensalza
Number: 1124

Course: 5.00 km
5 km - Lauf

Category:
weibliche Jugend U16 (14-15 Jahre)

Total time: 32:35

Speed: 9.21 km/h
Running performance: 6:31 min/km

Rank in course/Total: 191 (of 238)

Rank in course/Women: 76 (of 108)

Best time in course: 21:46

Rank in category: 9(of 15)

Best time in the category: 22:55

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	30:16	6:39	9	8:57	82	21:02	4.55	30:16	6:39	9	8:57	82	21:02
Last lap Finish	0.45	2:19	5:08	10	0:47	69	0:47	5.00	32:35	6:31	9	9:40	76	10:49