



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<br>km | Split<br>Time | Split<br>min/km | Stage score |                |              |                 | Total ranking |               |                 |             |                |              |                 |
|-----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
|                 |             |               |                 | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>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           |