



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Karaschinsky, Melina

Club: SWL-ENERGIE-TEAM
Number: 1115

Course: 5.00 km
5 km - Lauf

Category:
weibliche Jugend U16 (14-15 Jahre)

Total time: 33:19

Speed: 9.00 km/h
Running performance: 6:40 min/km

Rank in course/Total: 201 (of 238)

Rank in course/Women: 81 (of 108)

Best time in course: 21:46

Rank in category: 10(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.	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	30:40	6:44	10	9:21	86	21:26	4.55	30:40	6:44	10	9:21	86	21:26
Last lap Finish	0.45	2:39	5:53	12	1:07	92	1:07	5.00	33:19	6:39	10	10:24	81	11:33