



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Bock, Josephin

Club: Salza-Gymnasium
Number: 1139

Course: 5.00 km
5 km - Lauf

Category:
weibliche Jugend U16 (14-15 Jahre)

Total time: 30:14

Speed: 9.92 km/h
Running performance: 6:03 min/km

Rank in course/Total: 153 (of 238)

Rank in course/Women: 52 (of 108)

Best time in course: 21:46

Rank in category: 7(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	28:08	6:10	7	6:49	56	18:54	4.55	28:08	6:10	7	6:49	56	18:54
Last lap Finish	0.45	2:06	4:40	6	0:34	41	0:34	5.00	30:14	6:02	7	7:19	52	8:28