



**3Türmelauf**  
Bad Langensalza / 14.04.2019

Detailed evaluation

**Preuß, Sarah**

Club: Sundhausen  
Number: 1264

Course: 5.00 km  
5 km - Lauf

Category:  
weibliche Jugend U20 (18-19 Jahre)

Total time: 35:23

Speed: 8.48 km/h  
Running performance: 7:05 min/km

Rank in course/Total: 216 (of 238)

Rank in course/Women: 90 (of 108)

Best time in course: 21:46

Rank in category: 4(of 5)

Best time in the category: 29:38

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	32:58	7:14	4	5:29	96	23:44	4.55	32:58	7:14	4	5:29	96	23:44
Last lap Finish	0.45	2:25	5:22	4	0:20	78	0:53	5.00	35:23	7:04	4	5:45	90	13:37