



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Barkowski, Sophie

Club: Salza-Gymnasium
Number: 1136

Course: 5.00 km
5 km - Lauf

Category:
weibliche Jugend U20 (18-19 Jahre)

Total time: 30:14

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

Rank in course/Total: 156 (of 238)

Rank in course/Women: 52 (of 108)

Best time in course: 21:46

Rank in category: 2(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	28:09	6:11	2	0:40	59	18:55	4.55	28:09	6:11	2	0:40	59	18:55
Last lap Finish	0.45	2:05	4:37	1	-	39	0:33	5.00	30:14	6:02	2	0:36	52	8:28