



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

John, Theresa

Club: Salza-Gymnasium
Number: 1159

Course: 5.00 km
5 km - Lauf

Category:
weibliche Jugend U18 (16-17 Jahre)

Total time: 35:21

Speed: 8.49 km/h
Running performance: 7:04 min/km

Rank in course/Total: 215 (of 238)

Rank in course/Women: 89 (of 108)

Best time in course: 21:46

Rank in category: 10(of 11)

Best time in the category: 23:36

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	32:57	7:14	11	11:04	95	23:43	4.55	32:57	7:14	11	11:04	95	23:43
Last lap Finish	0.45	2:24	5:19	8	0:41	76	0:52	5.00	35:21	7:04	10	11:45	89	13:35