



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Arrat, Leen

Club: Salza-Gymnasium
Number: 1135

Course: 5.00 km
5 km - Lauf

Category:
weibliche Jugend U16 (14-15 Jahre)

Total time: 37:03

Speed: 8.10 km/h
Running performance: 7:25 min/km

Rank in course/Total: 224 (of 238)

Rank in course/Women: 97 (of 108)

Best time in course: 21:46

Rank in category: 12(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	34:15	7:31	13	12:56	100	25:01	4.55	34:15	7:31	13	12:56	100	25:01
Last lap Finish	0.45	2:48	6:13	13	1:16	100	1:16	5.00	37:03	7:24	12	14:08	97	15:17