



3Türmelauf

Bad Langensalza / 14.04.2019

Detailed evaluation

Arrat, Lojain

Club: Salza-Gymnasium
Number: 1134

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: 225 (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		Pos Cat.	Behind Cat.	Total ranking		
						Pos Women	Behind Women	km	Time			min/km	Pos Women	Behind Women
Lap 1	4.55	33:52	7:26	12	12:33	99	24:38	4.55	33:52	7:26	12	12:33	99	24:38
Last lap Finish	0.45	3:11	7:04	15	1:39	103	1:39	5.00	37:03	7:24	12	14:08	97	15:17