



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Lange, Lucie

Club: Kutzleben
Number: 1032

Course: 5.00 km
5 km - Lauf

Category:
weibliche Jugend U20 (18-19 Jahre)

Total time: 40:09

Speed: 7.47 km/h
Running performance: 8:02 min/km

Rank in course/Total: 233 (of 238)

Rank in course/Women: 105 (of 108)

Best time in course: 21:46

Rank in category: 5(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.	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	37:24	8:13	5	9:55	105	28:10	4.55	37:24	8:13	5	9:55	105	28:10
Last lap Finish	0.45	2:45	6:06	5	0:40	98	1:13	5.00	40:09	8:01	5	10:31	105	18:23