



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Rönigk, Elènore

Club: SWL-ENERGIE-TEAM
Number: 1120

Course: 5.00 km
5 km - Lauf

Category:
weibliche Jugend U16 (14-15 Jahre)

Total time: 40:54
Speed: 7.33 km/h
Running performance: 8:11 min/km
Rank in course/Total: 234 (of 238)
Rank in course/Women: 106 (of 108)
Best time in course: 21:46
Rank in category: 15(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.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	4.55	38:02	8:21	15	16:43	108	28:48	4.55	38:02	8:21	15	16:43	108	28:48
Last lap Finish	0.45	2:52	6:22	14	1:20	101	1:20	5.00	40:54	8:10	15	17:59	106	19:08