



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Görner, Sarah

Club: Salza-Gymnasium
Number: 1145

Course: 5.00 km
5 km - Lauf

Category:
weibliche Jugend U18 (16-17 Jahre)

Total time: 1:02:27

Speed: 4.80 km/h
Running performance: 12:29 min/km

Rank in course/Total: 238 (of 238)
Rank in course/Women: 108 (of 108)

Best time in course: 21:46

Rank in category: 11(of 11)

Best time in the category: 23:36

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	29:08	6:24	8	7:15	75	19:54	4.55	29:08	6:24	8	7:15	75	19:54
Last lap Finish	0.45	33:19	74:02	11	31:36	107	31:47	5.00	1:02:27	12:29	11	38:51	108	40:41