



Detailed evaluation

EL KASSEM, Lara

Club: Erkner

Number: 1354

Course: 0.95 km

Schüler Swim & Run (10 - 13 Jahre)

Category:

weibliche Schüler A

Total time: 8:32

Speed: 6.68 km/h

Running performance: 8:59 min/km

Rank in course/Total: 16 (of 23)

Rank in course/Women: 4 (of 10)

Best time in course: 7:37

Rank in category: 2(of 3)

Best time in the category: 8:19

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Wome	Women	km	Time	min/km	Cat.	Cat.	Wome	Women
Schwimmen	0.15	4:25	29:26	3	0:17	6	0:27	0.15	4:25	29:26	3	0:17	6	0:27
Laufen	0.80	4:07	5:08	1	-	3	0:28	0.95	8:32	8:58	2	0:13	4	0:55