



**3Türmelauf**  
Bad Langensalza / 22.04.2018

Detailed evaluation

**BANGE, Ulrike**

Club: Hörselberg-Hainich  
Number: 1070

Course: 5.00 km  
5 km - Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 27:27

Speed: 10.93 km/h  
Running performance: 5:29 min/km

Rank in course/Total: 85 (of 232)  
Rank in course/Women: 16 (of 96)  
Best time in course: 20:57

Rank in category: 1(of 5)  
Best time in the category: 27:27

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	0.50	2:27	4:54	3	0:08	28	0:42	0.50	2:27	4:54	3	0:08	28	0:42
Lap 2	4.00	22:23	5:35	1	-	17	5:14	4.50	24:50	5:31	1	-	16	5:53
Last lap Finish	0.50	2:37	5:14	2	0:02	31	0:37	5.00	27:27	5:29	1	-	16	6:30