



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

ERNST, Swantje

Club: Hufi RUNNER
Number: 1071

Course: 5.00 km
5 km - Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 27:44

Speed: 10.82 km/h
Running performance: 5:33 min/km

Rank in course/Total: 94 (of 232)
Rank in course/Women: 18 (of 96)
Best time in course: 20:57

Rank in category: 3(of 8)
Best time in the category: 23:11

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	2:30	5:00	2	0:41	30	0:45	0.50	2:30	5:00	2	0:41	30	0:45
Lap 2	4.00	22:41	5:40	3	3:37	18	5:32	4.50	25:11	5:35	3	4:18	18	6:14
Last lap Finish	0.50	2:33	5:05	3	0:15	20	0:33	5.00	27:44	5:32	3	4:33	18	6:47