



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

Lietze, Susan

Club: Bad Langensalza
Number: 1244

Course: 5.00 km
5 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 29:12

Speed: 10.27 km/h
Running performance: 5:50 min/km

Rank in course/Total: 108 (of 232)

Rank in course/Women: 26 (of 96)

Best time in course: 20:57

Rank in category: 3(of 13)

Best time in the category: 25:24

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	2:46	5:31	5	0:34	46	1:01	0.50	2:46	5:31	5	0:34	46	1:01
Lap 2	4.00	23:55	5:58	3	3:12	24	6:46	4.50	26:41	5:55	3	3:46	26	7:44
Last lap Finish	0.50	2:31	5:01	3	0:02	16	0:31	5.00	29:12	5:50	3	3:48	26	8:15