



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

SCHELER, Doreen

Club: SV Creaton Großgotttern
Number: 1176

Course: 5.00 km
5 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 29:25

Speed: 10.20 km/h
Running performance: 5:53 min/km

Rank in course/Total: 111 (of 232)

Rank in course/Women: 28 (of 96)

Best time in course: 20:57

Rank in category: 5(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	2:35	5:10	3	0:23	32	0:50	0.50	2:35	5:10	3	0:23	32	0:50
Lap 2	4.00	24:11	6:02	6	3:28	30	7:02	4.50	26:46	5:56	5	3:51	28	7:49
Last lap Finish	0.50	2:39	5:17	5	0:10	36	0:39	5.00	29:25	5:53	5	4:01	28	8:28