



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

LUDWIG, Diana

Club: GKN Sinter Metals Bad Langensalza
Number: 1214

Course: 5.00 km
5 km - Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 29:25
Speed: 10.20 km/h
Running performance: 5:53 min/km
Rank in course/Total: 112 (of 232)
Rank in course/Women: 28 (of 96)
Best time in course: 20:57
Rank in category: 4(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	2:35	5:10	4	0:46	32	0:50	0.50	2:35	5:10	4	0:46	32	0:50
Lap 2	4.00	24:11	6:02	4	5:07	30	7:02	4.50	26:46	5:56	4	5:53	28	7:49
Last lap Finish	0.50	2:39	5:17	4	0:21	36	0:39	5.00	29:25	5:53	4	6:14	28	8:28