



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

KEIDERLING, Simone

Club: Stadtwerke
Number: 1168

Course: 5.00 km
5 km - Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 29:46
Speed: 10.08 km/h
Running performance: 5:57 min/km
Rank in course/Total: 122 (of 232)
Rank in course/Women: 34 (of 96)
Best time in course: 20:57
Rank in category: 1(of 3)
Best time in the category: 29:46

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	2:26	4:51	2	0:06	27	0:41	0.50	2:26	4:51	2	0:06	27	0:41
Lap 2	4.00	24:31	6:07	1	-	37	7:22	4.50	26:57	5:59	1	-	33	8:00
Last lap Finish	0.50	2:49	5:38	1	-	50	0:49	5.00	29:46	5:57	1	-	34	8:49