



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

Nachtigall, Thiuy

Club: Iron Palace
Number: 1280

Course: 5.00 km
5 km - Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 29:51
Speed: 10.05 km/h
Running performance: 5:58 min/km
Rank in course/Total: 126 (of 232)
Rank in course/Women: 36 (of 96)
Best time in course: 20:57
Rank in category: 2(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	2:20	4:40	1	-	18	0:35	0.50	2:20	4:40	1	-	18	0:35
Lap 2	4.00	24:39	6:09	2	0:08	41	7:30	4.50	26:59	5:59	2	0:02	34	8:02
Last lap Finish	0.50	2:52	5:44	2	0:03	57	0:52	5.00	29:51	5:58	2	0:05	36	8:54