



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

WAGNER, Nicole

Club: DaRoTel
Number: 1026

Course: 5.00 km
5 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 29:43
Speed: 10.10 km/h
Running performance: 5:56 min/km
Rank in course/Total: 121 (of 232)
Rank in course/Women: 33 (of 96)
Best time in course: 20:57
Rank in category: 3(of 5)
Best time in the category: 27:27

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	3:02	6:03	4	0:43	65	1:17	0.50	3:02	6:03	4	0:43	65	1:17
Lap 2	4.00	24:06	6:01	3	1:43	27	6:57	4.50	27:08	6:01	3	2:18	36	8:11
Last lap Finish	0.50	2:35	5:10	1	-	23	0:35	5.00	29:43	5:56	3	2:16	33	8:46