



3Türmelauf

Bad Langensalza / 22.04.2018

Detailed evaluation

Heinecke, Katja

Club: Stadtwerke

Number: 1218

Course: 5.00 km

5 km - Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 29:41

Speed: 10.11 km/h

Running performance: 5:56 min/km

Rank in course/Total: 120 (of 232)

Rank in course/Women: 32 (of 96)

Best time in course: 20:57

Rank in category: 6(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.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	0.50	2:16	4:31	2	0:04	12	0:31	0.50	2:16	4:31	2	0:04	12	0:31
Lap 2	4.00	24:35	6:08	8	3:52	40	7:26	4.50	26:51	5:58	6	3:56	30	7:54
Last lap Finish	0.50	2:50	5:40	9	0:21	54	0:50	5.00	29:41	5:56	6	4:17	32	8:44