



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. | 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         |