



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

HAUER, Cornelia

Club: Die Hausis
Number: 1034

Course: 5.00 km
5 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 30:00

Speed: 10.00 km/h
Running performance: 6:00 min/km

Rank in course/Total: 132 (of 232)

Rank in course/Women: 37 (of 96)

Best time in course: 20:57

Rank in category: 8(of 13)

Best time in the category: 25:24

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	2:47	5:33	6	0:35	48	1:02	0.50	2:47	5:33	6	0:35	48	1:02
Lap 2	4.00	24:24	6:05	7	3:41	35	7:15	4.50	27:11	6:02	8	4:16	37	8:14
Last lap Finish	0.50	2:49	5:38	8	0:20	50	0:49	5.00	30:00	6:00	8	4:36	37	9:03