



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

KARASCHINSKY, Suzanne

Club: Stadtwerke
Number: 1169

Course: 5.00 km
5 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 30:11

Speed: 9.94 km/h
Running performance: 6:02 min/km

Rank in course/Total: 140 (of 232)

Rank in course/Women: 43 (of 96)

Best time in course: 20:57

Rank in category: 4(of 5)

Best time in the category: 27:27

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	2:19	4:38	1	-	16	0:34	0.50	2:19	4:38	1	-	16	0:34
Lap 2	4.00	24:59	6:14	4	2:36	44	7:50	4.50	27:18	6:03	4	2:28	38	8:21
Last lap Finish	0.50	2:53	5:46	4	0:18	60	0:53	5.00	30:11	6:02	4	2:44	43	9:14