



3Türmelauf  
Bad Langensalza / 22.04.2018

Detailed evaluation

SEYFARTH, Viktoria

Club: Bad Langensalza  
Number: 1009

Course: 5.00 km  
5 km - Lauf

Category:  
Seniorinnen W30 (30-34 Jahre)

Total time: 31:49

Speed: 9.43 km/h  
Running performance: 6:22 min/km

Rank in course/Total: 167 (of 232)

Rank in course/Women: 57 (of 96)

Best time in course: 20:57

Rank in category: 3(of 6)

Best time in the category: 22:56

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	3:11	6:21	3	1:26	83	1:26	0.50	3:11	6:21	3	1:26	83	1:26
Lap 2	4.00	25:52	6:28	3	6:54	58	8:43	4.50	29:03	6:27	3	8:20	58	10:06
Last lap Finish	0.50	2:46	5:31	2	0:33	45	0:46	5.00	31:49	6:21	3	8:53	57	10:52