



3Türmelauf  
Bad Langensalza / 22.04.2018

Detailed evaluation

Puderbach, Heidrun

Club: LSZ  
Number: 1253

Course: 5.00 km  
5 km - Lauf

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 30:44

Speed: 9.76 km/h  
Running performance: 6:09 min/km

Rank in course/Total: 148 (of 232)

Rank in course/Women: 46 (of 96)

Best time in course: 20:57

Rank in category: 9(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	2:51	5:42	8	0:39	52	1:06	0.50	2:51	5:42	8	0:39	52	1:06
Lap 2	4.00	25:13	6:18	10	4:30	47	8:04	4.50	28:04	6:14	9	5:09	47	9:07
Last lap Finish	0.50	2:40	5:19	6	0:11	40	0:40	5.00	30:44	6:08	9	5:20	46	9:47