



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

DEUTSCH, Doreen

Club: Bad Langensalza
Number: 1017

Course: 5.00 km
5 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 31:05

Speed: 9.65 km/h
Running performance: 6:13 min/km

Rank in course/Total: 155 (of 232)

Rank in course/Women: 52 (of 96)

Best time in course: 20:57

Rank in category: 10(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	3:05	6:10	11	0:53	72	1:20	0.50	3:05	6:10	11	0:53	72	1:20
Lap 2	4.00	25:08	6:16	9	4:25	45	7:59	4.50	28:13	6:16	10	5:18	50	9:16
Last lap Finish	0.50	2:52	5:44	10	0:23	57	0:52	5.00	31:05	6:13	10	5:41	52	10:08