



3Türmelauf  
Bad Langensalza / 22.04.2018

Detailed evaluation

HASERT, Denise

Club: Waltershausen  
Number: 1213

Course: 5.00 km  
5 km - Lauf

Category:  
Seniorinnen W30 (30-34 Jahre)

Total time: 30:05

Speed: 9.97 km/h  
Running performance: 6:01 min/km

Rank in course/Total: 137 (of 232)

Rank in course/Women: 41 (of 96)

Best time in course: 20:57

Rank in category: 2(of 6)

Best time in the category: 22:56

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	2:59	5:58	2	1:14	60	1:14	0.50	2:59	5:58	2	1:14	60	1:14
Lap 2	4.00	24:19	6:04	2	5:21	32	7:10	4.50	27:18	6:03	2	6:35	38	8:21
Last lap Finish	0.50	2:47	5:33	3	0:34	48	0:47	5.00	30:05	6:00	2	7:09	41	9:08