



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

Grauel, Andrea

Club: SV Empor
Number: 1228

Course: 5.00 km
5 km - Lauf

Category:
Seniorinnen W55 (55-59 Jahre)

Total time: 34:23

Speed: 8.73 km/h
Running performance: 6:53 min/km

Rank in course/Total: 196 (of 232)

Rank in course/Women: 75 (of 96)

Best time in course: 20:57

Rank in category: 1(of 2)

Best time in the category: 34:23

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	2	0:01	83	1:26	0.50	3:11	6:21	2	0:01	83	1:26
Lap 2	4.00	28:00	7:00	1	-	73	10:51	4.50	31:11	6:55	1	-	73	12:14
Last lap Finish	0.50	3:12	6:24	1	-	78	1:12	5.00	34:23	6:52	1	-	75	13:26