



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

GRAUEL, Kathleen

Club: Bad Langensalza
Number: 1016

Course: 5.00 km
5 km - Lauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 34:18

Speed: 8.75 km/h
Running performance: 6:52 min/km

Rank in course/Total: 195 (of 232)

Rank in course/Women: 74 (of 96)

Best time in course: 20:57

Rank in category: 5(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	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	28:00	7:00	4	9:02	73	10:51	4.50	31:11	6:55	4	10:28	73	12:14
Last lap Finish	0.50	3:07	6:14	5	0:54	73	1:07	5.00	34:18	6:51	5	11:22	74	13:21