



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

KAYSER, Sabine

Club: Bad Langensalza
Number: 1013

Course: 5.00 km
5 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 33:38

Speed: 8.92 km/h
Running performance: 6:44 min/km

Rank in course/Total: 191 (of 232)

Rank in course/Women: 71 (of 96)

Best time in course: 20:57

Rank in category: 5(of 5)

Best time in the category: 27:27

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	3:14	6:28	5	0:55	90	1:29	0.50	3:14	6:28	5	0:55	90	1:29
Lap 2	4.00	27:12	6:47	5	4:49	65	10:03	4.50	30:26	6:45	5	5:36	70	11:29
Last lap Finish	0.50	3:12	6:24	5	0:37	78	1:12	5.00	33:38	6:43	5	6:11	71	12:41