



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

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Club: Bad Langensalza
Number: 1222

Course: 5.00 km
5 km - Lauf

Category:
Frauen (20-29 Jahre)

Total time: 33:12

Speed: 9.04 km/h
Running performance: 6:38 min/km

Rank in course/Total: 184 (of 232)

Rank in course/Women: 68 (of 96)

Best time in course: 20:57

Rank in category: 2(of 3)

Best time in the category: 24:34

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	3:02	6:03	2	1:02	65	1:17	0.50	3:02	6:03	2	1:02	65	1:17
Lap 2	4.00	26:54	6:43	2	6:33	63	9:45	4.50	29:56	6:39	2	7:35	65	10:59
Last lap Finish	0.50	3:16	6:31	3	1:03	86	1:16	5.00	33:12	6:38	2	8:38	68	12:15