



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 | 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     | 3:02       | 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        |