



3Türmelauf

Bad Langensalza / 22.04.2018

Detailed evaluation

HEUCK, Birgit

Club: BSG Sparkasse UH

Number: 1023

Course: 5.00 km

5 km - Lauf

Category:

Seniorinnen W60 (60-64 Jahre)

Total time: 34:32

Speed: 8.69 km/h

Running performance: 6:55 min/km

Rank in course/Total: 198 (of 232)

Rank in course/Women: 76 (of 96)

Best time in course: 20:57

Rank in category: 1(of 1)

Best time in the category: 34:32

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	0.50	3:13	6:26	1	-	89	1:28	0.50	3:13	6:26	1	-	89	1:28
Lap 2	4.00	28:02	7:00	1	-	75	10:53	4.50	31:15	6:56	1	-	75	12:18
Last lap Finish	0.50	3:17	6:33	1	-	87	1:17	5.00	34:32	6:54	1	-	76	13:35