



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

GRABE, Jeannine

Club: BSG Sparkasse UH
Number: 1024

Course: 5.00 km
5 km - Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 33:36

Speed: 8.93 km/h
Running performance: 6:43 min/km

Rank in course/Total: 190 (of 232)

Rank in course/Women: 70 (of 96)

Best time in course: 20:57

Rank in category: 6(of 8)

Best time in the category: 23:11

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	2:59	5:58	6	1:10	60	1:14	0.50	2:59	5:58	6	1:10	60	1:14
Lap 2	4.00	27:28	6:51	6	8:24	69	10:19	4.50	30:27	6:46	6	9:34	71	11:30
Last lap Finish	0.50	3:09	6:17	6	0:51	75	1:09	5.00	33:36	6:43	6	10:25	70	12:39