



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

WEINERT, Susan

Club: BSG Sparkasse UH
Number: 1021

Course: 5.00 km
5 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 35:11
Speed: 8.53 km/h
Running performance: 7:02 min/km
Rank in course/Total: 203 (of 232)
Rank in course/Women: 79 (of 96)
Best time in course: 20:57
Rank in category: 11(of 13)
Best time in the category: 25:24

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	10	0:50	65	1:17	0.50	3:02	6:03	10	0:50	65	1:17
Lap 2	4.00	28:39	7:09	11	7:56	79	11:30	4.50	31:41	7:02	11	8:46	79	12:44
Last lap Finish	0.50	3:30	7:00	11	1:01	91	1:30	5.00	35:11	7:02	11	9:47	79	14:14