



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

ZINSERLING, Angelika

Club: Georgenthal
Number: 1063

Course: 5.00 km
5 km - Lauf

Category:
Seniorinnen W55 (55-59 Jahre)

Total time: 39:19
Speed: 7.63 km/h
Running performance: 7:52 min/km
Rank in course/Total: 228 (of 232)
Rank in course/Women: 96 (of 96)
Best time in course: 20:57
Rank in category: 2(of 2)
Best time in the category: 34:23

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	3:10	6:19	1	-	78	1:25	0.50	3:10	6:19	1	-	78	1:25
Lap 2	4.00	32:27	8:06	2	4:27	96	15:18	4.50	35:37	7:54	2	4:26	96	16:40
Last lap Finish	0.50	3:42	7:24	2	0:30	96	1:42	5.00	39:19	7:51	2	4:56	96	18:22