



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

Behrendt, Claudia

Club: TEAM ERDINGER ALKOHOLFREI
Number: 1242

Course: 5.00 km
5 km - Lauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 22:56
Speed: 13.08 km/h
Running performance: 4:35 min/km
Rank in course/Total: 12 (of 232)
Rank in course/Women: 2 (of 96)
Best time in course: 20:57
Rank in category: 1(of 6)
Best time in the category: 22:56

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	1:45	3:30	1	-	1	-	0.50	1:45	3:30	1	-	1	-
Lap 2	4.00	18:58	4:44	1	-	2	1:49	4.50	20:43	4:36	1	-	2	1:46
Last lap Finish	0.50	2:13	4:26	1	-	3	0:13	5.00	22:56	4:35	1	-	2	1:59