



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

LEMPKE, Linda

Club: Bad Königshofen i. Grabfeld
Number: 1008

Course: 5.00 km
5 km - Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 23:11
Speed: 12.94 km/h
Running performance: 4:38 min/km
Rank in course/Total: 15 (of 232)
Rank in course/Women: 3 (of 96)
Best time in course: 20:57
Rank in category: 1(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	1:49	3:38	1	-	4	0:04	0.50	1:49	3:38	1	-	4	0:04
Lap 2	4.00	19:04	4:46	1	-	3	1:55	4.50	20:53	4:38	1	-	3	1:56
Last lap Finish	0.50	2:18	4:35	1	-	7	0:18	5.00	23:11	4:38	1	-	3	2:14