



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

Angermann, Adelheid

Club: Bad Langensalza
Number: 1241

Course: 5.00 km
5 km - Lauf

Category:
Frauen (20-29 Jahre)

Total time: 24:34

Speed: 12.21 km/h
Running performance: 4:55 min/km

Rank in course/Total: 33 (of 232)

Rank in course/Women: 6 (of 96)

Best time in course: 20:57

Rank in category: 1(of 3)

Best time in the category: 24:34

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total ranking | | | | | | |
|-----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
| | | | | | | Pos Women | Behind Women | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Women | Behind Women |
| Lap 1 | 0.50 | 2:00 | 4:00 | 1 | - | 6 | 0:15 | 0.50 | 2:00 | 4:00 | 1 | - | 6 | 0:15 |
| Lap 2 | 4.00 | 20:21 | 5:05 | 1 | - | 7 | 3:12 | 4.50 | 22:21 | 4:58 | 1 | - | 6 | 3:24 |
| Last lap Finish | 0.50 | 2:13 | 4:26 | 1 | - | 3 | 0:13 | 5.00 | 24:34 | 4:54 | 1 | - | 6 | 3:37 |