



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