



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

Ovechkina, Marina

Club: Bad Langensalza
Number: 1250

Course: 5.00 km
5 km - Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 25:32
Speed: 11.75 km/h
Running performance: 5:07 min/km
Rank in course/Total: 47 (of 232)
Rank in course/Women: 11 (of 96)
Best time in course: 20:57
Rank in category: 2(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	2:32	5:03	3	0:43	31	0:47	0.50	2:32	5:03	3	0:43	31	0:47
Lap 2	4.00	20:41	5:10	2	1:37	9	3:32	4.50	23:13	5:09	2	2:20	12	4:16
Last lap Finish	0.50	2:19	4:38	2	0:01	8	0:19	5.00	25:32	5:06	2	2:21	11	4:35