



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 |