



**3Türmelauf**  
Bad Langensalza / 14.04.2019

Detailed evaluation

**Behrendt, Claudia**

Club: Team Erdinger Alkoholfrei  
Number: 1004

Course: 5.00 km  
5 km - Lauf

Category:  
Seniorinnen W30 (30-34 Jahre)

Total time: 21:46  
Speed: 13.78 km/h  
Running performance: 4:21 min/km  
Rank in course/Total: 9 (of 238)  
Rank in course/Women: 1 (of 108)  
Best time in course: 21:46  
Rank in category: 1(of 11)  
Best time in the category: 21:46

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	4.55	20:01	4:23	1	-	2	10:47	4.55	20:01	4:23	1	-	2	10:47
Last lap Finish	0.45	1:45	3:53	1	-	11	0:13	5.00	21:46	4:21	1	-	1	-