



3Türmelauf  
Bad Langensalza / 14.04.2019

Detailed evaluation

Heinke, Christin

Club: SV Creaton Großengottern  
Number: 1107

Course: 5.00 km  
5 km - Lauf

Category:  
Seniorinnen W35 (35-39 Jahre)

Total time: 22:32

Speed: 13.31 km/h  
Running performance: 4:31 min/km

Rank in course/Total: 16 (of 238)  
Rank in course/Women: 4 (of 108)  
Best time in course: 21:46

Rank in category: 1(of 8)  
Best time in the category: 22:32

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	20:51	4:34	2	11:37	5	11:37	4.55	20:51	4:34	2	11:37	5	11:37
Last lap Finish	0.45	1:41	3:44	1	-	6	0:09	5.00	22:32	4:30	1	-	4	0:46