



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Pikarski, Jessica

Club: SV Sömmerda
Number: 1195

Course: 5.00 km
5 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 22:40
Speed: 13.24 km/h
Running performance: 4:32 min/km
Rank in course/Total: 18 (of 238)
Rank in course/Women: 5 (of 108)
Best time in course: 21:46
Rank in category: 1(of 20)
Best time in the category: 22:40

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	20:57	4:36	1	-	6	11:43	4.55	20:57	4:36	1	-	6	11:43
Last lap Finish	0.45	1:43	3:48	1	-	7	0:11	5.00	22:40	4:31	1	-	5	0:54