



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Köhler, Kati

Club: SV Creaton Großengottern
Number: 1108

Course: 5.00 km
5 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 23:13

Speed: 12.92 km/h
Running performance: 4:38 min/km

Rank in course/Total: 28 (of 238)

Rank in course/Women: 8 (of 108)

Best time in course: 21:46

Rank in category: 2(of 20)

Best time in the category: 22:40

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	4.55	21:25	4:42	2	0:28	9	12:11	4.55	21:25	4:42	2	0:28	9	12:11
Last lap Finish	0.45	1:48	4:00	2	0:05	16	0:16	5.00	23:13	4:38	2	0:33	8	1:27