



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Grießbach, Jeannine

Club: SV Creaton Großengottern
Number: 1102

Course: 5.00 km
5 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 24:00
Speed: 12.50 km/h
Running performance: 4:48 min/km
Rank in course/Total: 39 (of 238)
Rank in course/Women: 11 (of 108)
Best time in course: 21:46
Rank in category: 3(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.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	4.55	22:01	4:50	3	1:04	12	12:47	4.55	22:01	4:50	3	1:04	12	12:47
Last lap Finish	0.45	1:59	4:24	5	0:16	27	0:27	5.00	24:00	4:47	3	1:20	11	2:14