



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Keiderling, Nadine

Club: SWL-ENERGIE-TEAM
Number: 1202

Course: 5.00 km
5 km - Lauf

Category:
Frauen (20-29 Jahre)

Total time: 24:53

Speed: 12.06 km/h
Running performance: 4:59 min/km

Rank in course/Total: 60 (of 238)

Rank in course/Women: 15 (of 108)

Best time in course: 21:46

Rank in category: 1(of 7)

Best time in the category: 24:53

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	23:08	5:05	1	-	16	13:54	4.55	23:08	5:05	1	-	16	13:54
Last lap Finish	0.45	1:45	3:53	1	-	11	0:13	5.00	24:53	4:58	1	-	15	3:07