



3Türmelauf

Bad Langensalza / 14.04.2019

Detailed evaluation

Bange, Ulrike

Club: Hörselberg-Hainich
Number: 1002

Course: 5.00 km
5 km - Lauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 24:50

Speed: 12.08 km/h

Running performance: 4:58 min/km

Rank in course/Total: 59 (of 238)

Rank in course/Women: 14 (of 108)

Best time in course: 21:46

Rank in category: 1(of 3)

Best time in the category: 24:50

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	23:03	5:03	1	-	15	13:49	4.55	23:03	5:03	1	-	15	13:49
Last lap Finish	0.45	1:47	3:57	1	-	14	0:15	5.00	24:50	4:58	1	-	14	3:04