



3Türmelauf

Bad Langensalza / 14.04.2019

Detailed evaluation

Karaschinsky, Suzanne

Club: SWL-ENERGIE-TEAM

Number: 1114

Course: 5.00 km

5 km - Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 25:34

Speed: 11.73 km/h

Running performance: 5:07 min/km

Rank in course/Total: 75 (of 238)

Rank in course/Women: 19 (of 108)

Best time in course: 21:46

Rank in category: 1(of 11)

Best time in the category: 25:34

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Lap 1	4.55	23:34	5:10	1	-	19	14:20	4.55	23:34	5:10	1	-	19	14:20
Last lap Finish	0.45	2:00	4:26	1	-	30	0:28	5.00	25:34	5:06	1	-	19	3:48