



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Koch, Birgit

Club: SPD-Bad Langensalza
Number: 1198

Course: 5.00 km
5 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 25:57
Speed: 11.56 km/h
Running performance: 5:11 min/km
Rank in course/Total: 81 (of 238)
Rank in course/Women: 21 (of 108)
Best time in course: 21:46
Rank in category: 4(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	23:59	5:16	4	3:02	22	14:45	4.55	23:59	5:16	4	3:02	22	14:45
Last lap Finish	0.45	1:58	4:22	4	0:15	25	0:26	5.00	25:57	5:11	4	3:17	21	4:11