



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Beck, Julia

Club: Erprobungsraum Region Langensalza
Number: 1078

Course: 5.00 km
5 km - Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 26:48
Speed: 11.19 km/h
Running performance: 5:22 min/km
Rank in course/Total: 93 (of 238)
Rank in course/Women: 25 (of 108)
Best time in course: 21:46
Rank in category: 2(of 8)
Best time in the category: 22:32

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	24:45	5:26	3	15:31	25	15:31	4.55	24:45	5:26	3	15:31	25	15:31
Last lap Finish	0.45	2:03	4:33	2	0:22	35	0:31	5.00	26:48	5:21	2	4:16	25	5:02