



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Heinecke, Katja

Club: SWL-ENERGIE-TEAM
Number: 1113

Course: 5.00 km
5 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 26:11

Speed: 11.46 km/h
Running performance: 5:14 min/km

Rank in course/Total: 85 (of 238)

Rank in course/Women: 22 (of 108)

Best time in course: 21:46

Rank in category: 5(of 20)

Best time in the category: 22:40

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	24:10	5:18	5	3:13	23	14:56	4.55	24:10	5:18	5	3:13	23	14:56
Last lap Finish	0.45	2:01	4:28	6	0:18	32	0:29	5.00	26:11	5:14	5	3:31	22	4:25