



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Ludwig, Diana

Club: SWL-ENERGIE-TEAM
Number: 1118

Course: 5.00 km
5 km - Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 27:03

Speed: 11.09 km/h
Running performance: 5:25 min/km

Rank in course/Total: 97 (of 238)

Rank in course/Women: 26 (of 108)

Best time in course: 21:46

Rank in category: 3(of 8)

Best time in the category: 22:32

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	24:59	5:29	4	15:45	27	15:45	4.55	24:59	5:29	4	15:45	27	15:45
Last lap Finish	0.45	2:04	4:35	3	0:23	37	0:32	5.00	27:03	5:24	3	4:31	26	5:17