



**3Türmelauf**  
Bad Langensalza / 14.04.2019

Detailed evaluation

**Brzezek, Sibylle**

Club: Bad Langensalza  
Number: 1006

Course: 5.00 km  
5 km - Lauf

Category:  
Seniorinnen W30 (30-34 Jahre)

Total time: 26:43

Speed: 11.23 km/h  
Running performance: 5:20 min/km

Rank in course/Total: 88 (of 238)

Rank in course/Women: 23 (of 108)

Best time in course: 21:46

Rank in category: 2(of 11)

Best time in the category: 21:46

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	24:46	5:26	2	4:45	26	15:32	4.55	24:46	5:26	2	4:45	26	15:32
Last lap Finish	0.45	1:57	4:19	2	0:12	23	0:25	5.00	26:43	5:20	2	4:57	23	4:57