



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Stöpel, Karola

Total time: 28:01

Club: Reit- und Fahrverein Drei Tannen Zimmern e.V.
Number: 1093

Speed: 10.71 km/h

Running performance: 5:36 min/km

Course: 5.00 km

Rank in course/Total: 115 (of 238)

5 km - Lauf

Rank in course/Women: 32 (of 108)

Best time in course: 21:46

Category:

Rank in category: 6(of 20)

Seniorinnen W40 (40-44 Jahre)

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.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	4.55	26:00	5:42	6	5:03	33	16:46	4.55	26:00	5:42	6	5:03	33	16:46
Last lap Finish	0.45	2:01	4:28	6	0:18	32	0:29	5.00	28:01	5:36	6	5:21	32	6:15