



**3Türmelauf**  
Bad Langensalza / 14.04.2019

Detailed evaluation

**Wagner, Nicole**

Club: DaRoTel  
Number: 1069

Course: 5.00 km  
5 km - Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 28:40  
Speed: 10.47 km/h  
Running performance: 5:44 min/km  
Rank in course/Total: 120 (of 238)  
Rank in course/Women: 34 (of 108)  
Best time in course: 21:46  
Rank in category: 2(of 11)  
Best time in the category: 25:34

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	26:33	5:50	2	2:59	35	17:19	4.55	26:33	5:50	2	2:59	35	17:19
Last lap Finish	0.45	2:07	4:42	2	0:07	42	0:35	5.00	28:40	5:44	2	3:06	34	6:54