



# 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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score  |                 | Total ranking |               |                 |             |                |              |                 |
|-----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
|                 |             |               |                 |             |                | Pos<br>Women | Behind<br>Women | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>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            |