



3Türmelauf

Bad Langensalza / 14.04.2019

Detailed evaluation

Seehof, Manuela

Club: THAMSBRÜCK

Number: 1204

Course: 5.00 km

5 km - Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 28:09

Speed: 10.66 km/h

Running performance: 5:38 min/km

Rank in course/Total: 118 (of 238)

Rank in course/Women: 33 (of 108)

Best time in course: 21:46

Rank in category: 7 (of 20)

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.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	4.55	26:01	5:43	7	5:04	34	16:47	4.55	26:01	5:43	7	5:04	34	16:47
Last lap Finish	0.45	2:08	4:44	8	0:25	45	0:36	5.00	28:09	5:37	7	5:29	33	6:23