



## 3Türmelauf

Bad Langensalza / 14.04.2019

### Detailed evaluation

Allstedt, Stephanie

Club: Bad Langensalza

Number: 1001

Course: 5.00 km

5 km - Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 30:22

Speed: 9.88 km/h

Running performance: 6:04 min/km

Rank in course/Total: 161 (of 238)

Rank in course/Women: 57 (of 108)

Best time in course: 21:46

Rank in category: 5(of 11)

Best time in the category: 21:46

### Intermediate times

### Stage score

### Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Lap 1	4.55	28:08	6:10	5	8:07	56	18:54	4.55	28:08	6:10	5	8:07	56	18:54
Last lap Finish	0.45	2:14	4:57	5	0:29	58	0:42	5.00	30:22	6:04	5	8:36	57	8:36