



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Hasert, Denise

Club: Waltershausen
Number: 1023

Course: 5.00 km
5 km - Lauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 28:49

Speed: 10.41 km/h
Running performance: 5:46 min/km

Rank in course/Total: 124 (of 238)

Rank in course/Women: 35 (of 108)

Best time in course: 21:46

Rank in category: 3(of 11)

Best time in the category: 21:46

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	26:42	5:52	3	6:41	36	17:28	4.55	26:42	5:52	3	6:41	36	17:28
Last lap Finish	0.45	2:07	4:42	3	0:22	42	0:35	5.00	28:49	5:45	3	7:03	35	7:03