



3Türmelauf  
Bad Langensalza / 14.04.2019

Detailed evaluation

Keiderling, Simone

Club: SWL-ENERGIE-TEAM  
Number: 1117

Course: 5.00 km  
5 km - Lauf

Category:  
Seniorinnen W50 (50-54 Jahre)

Total time: 27:37

Speed: 10.86 km/h  
Running performance: 5:31 min/km

Rank in course/Total: 105 (of 238)

Rank in course/Women: 28 (of 108)

Best time in course: 21:46

Rank in category: 2(of 3)

Best time in the category: 24:50

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	25:27	5:35	2	2:24	28	16:13	4.55	25:27	5:35	2	2:24	28	16:13
Last lap Finish	0.45	2:10	4:48	2	0:23	50	0:38	5.00	27:37	5:31	2	2:47	28	5:51