



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Seeber, Jenny

Club: SWL-ENERGIE-TEAM
Number: 1203

Course: 5.00 km
5 km - Lauf

Category:
Frauen (20-29 Jahre)

Total time: 29:16
Speed: 10.25 km/h
Running performance: 5:51 min/km
Rank in course/Total: 129 (of 238)
Rank in course/Women: 38 (of 108)
Best time in course: 21:46
Rank in category: 3(of 7)
Best time in the category: 24:53

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	27:08	5:57	3	4:00	40	17:54	4.55	27:08	5:57	3	4:00	40	17:54
Last lap Finish	0.45	2:08	4:44	2	0:23	45	0:36	5.00	29:16	5:51	3	4:23	38	7:30