



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Weber, Birgit

Club: Bad Langensalza
Number: 1055

Course: 5.00 km
5 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 33:04

Speed: 9.07 km/h
Running performance: 6:37 min/km

Rank in course/Total: 196 (of 238)

Rank in course/Women: 79 (of 108)

Best time in course: 21:46

Rank in category: 14(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.	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	30:31	6:42	17	9:34	84	21:17	4.55	30:31	6:42	17	9:34	84	21:17
Last lap Finish	0.45	2:33	5:39	15	0:50	86	1:01	5.00	33:04	6:36	14	10:24	79	11:18