



3Türmelauf

Bad Langensalza / 14.04.2019

Detailed evaluation

Wünsch, Birgit

Club: GKN Sinter Metals, Bad Langensalza
Number: 1087

Course: 5.00 km
5 km - Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 30:59

Speed: 9.68 km/h
Running performance: 6:12 min/km

Rank in course/Total: 173 (of 238)

Rank in course/Women: 64 (of 108)

Best time in course: 21:46

Rank in category: 3(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	28:32	6:16	3	5:29	67	19:18	4.55	28:32	6:16	3	5:29	67	19:18
Last lap Finish	0.45	2:27	5:26	3	0:40	82	0:55	5.00	30:59	6:11	3	6:09	64	9:13