



3Türmelauf

Bad Langensalza / 14.04.2019

Detailed evaluation

Dietsch, Doreen

Club: Bad Langensalza

Number: 1009

Course: 5.00 km

5 km - Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 29:29

Speed: 10.18 km/h

Running performance: 5:54 min/km

Rank in course/Total: 133 (of 238)

Rank in course/Women: 41 (of 108)

Best time in course: 21:46

Rank in category: 3(of 11)

Best time in the category: 25:34

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Lap 1	4.55	27:21	6:00	3	3:47	42	18:07	4.55	27:21	6:00	3	3:47	42	18:07
Last lap Finish	0.45	2:08	4:44	3	0:08	45	0:36	5.00	29:29	5:53	3	3:55	41	7:43