



3Türmelauf

Bad Langensalza / 14.04.2019

Detailed evaluation

Bornberg, Christin

Club: VR Bank Westthüringen eG

Number: 1126

Course: 5.00 km

5 km - Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 30:09

Speed: 9.95 km/h

Running performance: 6:02 min/km

Rank in course/Total: 150 (of 238)

Rank in course/Women: 49 (of 108)

Best time in course: 21:46

Rank in category: 5(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	27:57	6:08	5	4:23	50	18:43	4.55	27:57	6:08	5	4:23	50	18:43
Last lap Finish	0.45	2:12	4:53	4	0:12	54	0:40	5.00	30:09	6:01	5	4:35	49	8:23