



**3Türmelauf**  
Bad Langensalza / 14.04.2019

Detailed evaluation

**Fischer, Grit**

Club: SV Empor Bad Langensalza Abt.Boxen  
Number: 1211

Course: 5.00 km  
5 km - Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 29:48  
Speed: 10.07 km/h  
Running performance: 5:58 min/km  
Rank in course/Total: 144 (of 238)  
Rank in course/Women: 47 (of 108)  
Best time in course: 21:46  
Rank in category: 4(of 11)  
Best time in the category: 25:34

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	27:33	6:03	4	3:59	46	18:19	4.55	27:33	6:03	4	3:59	46	18:19
Last lap Finish	0.45	2:15	5:00	5	0:15	62	0:43	5.00	29:48	5:57	4	4:14	47	8:02