



3Türmelauf

Bad Langensalza / 14.04.2019

Detailed evaluation

Kayser, Sabine

Club: Bad Langensalza

Number: 1027

Course: 5.00 km

5 km - Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 30:31

Speed: 9.83 km/h

Running performance: 6:06 min/km

Rank in course/Total: 163 (of 238)

Rank in course/Women: 58 (of 108)

Best time in course: 21:46

Rank in category: 6(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.	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	28:12	6:11	6	4:38	62	18:58	4.55	28:12	6:11	6	4:38	62	18:58
Last lap Finish	0.45	2:19	5:08	8	0:19	69	0:47	5.00	30:31	6:06	6	4:57	58	8:45