



3Türmelauf  
Bad Langensalza / 14.04.2019

Detailed evaluation

Feuerriegel, Regina

Club: Erfurt  
Number: 1013

Course: 5.00 km  
5 km - Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 31:05  
Speed: 9.65 km/h  
Running performance: 6:13 min/km  
Rank in course/Total: 176 (of 238)  
Rank in course/Women: 67 (of 108)  
Best time in course: 21:46  
Rank in category: 7(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	28:39	6:17	7	5:05	70	19:25	4.55	28:39	6:17	7	5:05	70	19:25
Last lap Finish	0.45	2:26	5:24	9	0:26	80	0:54	5.00	31:05	6:13	7	5:31	67	9:19