



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Baumbach, Monique

Club: Hörselberg-Hainich
Number: 1003

Course: 5.00 km
5 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 30:34

Speed: 9.81 km/h
Running performance: 6:07 min/km

Rank in course/Total: 167 (of 238)

Rank in course/Women: 59 (of 108)

Best time in course: 21:46

Rank in category: 9(of 20)

Best time in the category: 22:40

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	28:11	6:11	12	7:14	61	18:57	4.55	28:11	6:11	12	7:14	61	18:57
Last lap Finish	0.45	2:23	5:17	12	0:40	75	0:51	5.00	30:34	6:06	9	7:54	59	8:48