



3Türmelauf

Bad Langensalza / 14.04.2019

Detailed evaluation

Trutte, Mandy

Club: DIROBA
Number: 1076

Course: 5.00 km
5 km - Lauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 30:12

Speed: 9.93 km/h
Running performance: 6:02 min/km

Rank in course/Total: 152 (of 238)

Rank in course/Women: 51 (of 108)

Best time in course: 21:46

Rank in category: 4(of 11)

Best time in the category: 21:46

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	28:01	6:09	4	8:00	52	18:47	4.55	28:01	6:09	4	8:00	52	18:47
Last lap Finish	0.45	2:11	4:51	4	0:26	51	0:39	5.00	30:12	6:02	4	8:26	51	8:26