



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Puderbach, Heidrun

Club: Bad Langensalza
Number: 1035

Course: 5.00 km
5 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 29:50

Speed: 10.06 km/h
Running performance: 5:58 min/km

Rank in course/Total: 145 (of 238)

Rank in course/Women: 48 (of 108)

Best time in course: 21:46

Rank in category: 8(of 20)

Best time in the category: 22:40

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	27:56	6:08	8	6:59	48	18:42	4.55	27:56	6:08	8	6:59	48	18:42
Last lap Finish	0.45	1:54	4:13	3	0:11	19	0:22	5.00	29:50	5:58	8	7:10	48	8:04