



3Türmelauf

Bad Langensalza / 14.04.2019

Detailed evaluation

Böhm, Marie-Theres

Club: Stadt Bad Langensalza / Stadtläufer
Number: 1095

Course: 5.00 km
5 km - Lauf

Category:
Frauen (20-29 Jahre)

Total time: 30:17

Speed: 9.91 km/h
Running performance: 6:04 min/km

Rank in course/Total: 157 (of 238)

Rank in course/Women: 55 (of 108)

Best time in course: 21:46

Rank in category: 5(of 7)

Best time in the category: 24:53

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	28:00	6:09	5	4:52	51	18:46	4.55	28:00	6:09	5	4:52	51	18:46
Last lap Finish	0.45	2:17	5:04	4	0:32	65	0:45	5.00	30:17	6:03	5	5:24	55	8:31