



**3Türmelauf**  
Bad Langensalza / 14.04.2019

Detailed evaluation

**Schmidt-Naundorf, Nicole**

Club: Hörselberg-Hainich  
Number: 1047

Course: 5.00 km  
5 km - Lauf

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 30:39

Speed: 9.79 km/h  
Running performance: 6:08 min/km

Rank in course/Total: 168 (of 238)

Rank in course/Women: 60 (of 108)

Best time in course: 21:46

Rank in category: 10(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	28:17	6:12	13	7:20	63	19:03	4.55	28:17	6:12	13	7:20	63	19:03
Last lap Finish	0.45	2:22	5:15	11	0:39	74	0:50	5.00	30:39	6:07	10	7:59	60	8:53