



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Peppermueller, Nadine

Club: Bad Langensalza/ OT Aschara
Number: 1033

Course: 5.00 km
5 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 31:04

Speed: 9.66 km/h
Running performance: 6:13 min/km

Rank in course/Total: 175 (of 238)

Rank in course/Women: 66 (of 108)

Best time in course: 21:46

Rank in category: 12(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	28:37	6:17	15	7:40	68	19:23	4.55	28:37	6:17	15	7:40	68	19:23
Last lap Finish	0.45	2:27	5:26	13	0:44	82	0:55	5.00	31:04	6:12	12	8:24	66	9:18