



3Türmelauf  
Bad Langensalza / 14.04.2019

Detailed evaluation

Volande, Andrea

Club: Eisenach  
Number: 1054

Course: 5.00 km  
5 km - Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 31:51

Speed: 9.42 km/h  
Running performance: 6:22 min/km

Rank in course/Total: 187 (of 238)

Rank in course/Women: 75 (of 108)

Best time in course: 21:46

Rank in category: 9(of 11)

Best time in the category: 25:34

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	29:36	6:30	9	6:02	80	20:22	4.55	29:36	6:30	9	6:02	80	20:22
Last lap Finish	0.45	2:15	5:00	5	0:15	62	0:43	5.00	31:51	6:22	9	6:17	75	10:05