



3Türmelauf  
Bad Langensalza / 14.04.2019

Detailed evaluation

Deutsch, Doreen

Club: Bad Langensalza  
Number: 1008

Course: 5.00 km  
5 km - Lauf

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 30:40

Speed: 9.78 km/h  
Running performance: 6:08 min/km

Rank in course/Total: 169 (of 238)

Rank in course/Women: 61 (of 108)

Best time in course: 21:46

Rank in category: 11(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	28:27	6:15	14	7:30	66	19:13	4.55	28:27	6:15	14	7:30	66	19:13
Last lap Finish	0.45	2:13	4:55	9	0:30	56	0:41	5.00	30:40	6:08	11	8:00	61	8:54