



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Stieding, Katharina

Club: VR Bank Westthüringen eG
Number: 1128

Course: 5.00 km
5 km - Lauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 30:40
Speed: 9.78 km/h
Running performance: 6:08 min/km
Rank in course/Total: 170 (of 238)
Rank in course/Women: 61 (of 108)
Best time in course: 21:46
Rank in category: 6(of 11)
Best time in the category: 21:46

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	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	28:26	6:14	6	8:25	65	19:12	4.55	28:26	6:14	6	8:25	65	19:12
Last lap Finish	0.45	2:14	4:57	5	0:29	58	0:42	5.00	30:40	6:08	6	8:54	61	8:54