



3Türmelauf  
Bad Langensalza / 14.04.2019

Detailed evaluation

Holzappel, Jana

Club: SV Empor Bad Langensalza  
Number: 1192

Course: 5.00 km  
5 km - Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 31:11

Speed: 9.62 km/h  
Running performance: 6:14 min/km

Rank in course/Total: 177 (of 238)

Rank in course/Women: 68 (of 108)

Best time in course: 21:46

Rank in category: 8(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	28:55	6:21	8	5:21	72	19:41	4.55	28:55	6:21	8	5:21	72	19:41
Last lap Finish	0.45	2:16	5:02	7	0:16	64	0:44	5.00	31:11	6:14	8	5:37	68	9:25