



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Kurzynoga, Martina

Club: SV Empor Bad Langensalza Abt.Boxen
Number: 1215

Course: 5.00 km
5 km - Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 31:41

Speed: 9.47 km/h
Running performance: 6:20 min/km

Rank in course/Total: 184 (of 238)

Rank in course/Women: 73 (of 108)

Best time in course: 21:46

Rank in category: 6(of 8)

Best time in the category: 22:32

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	29:34	6:29	7	20:20	79	20:20	4.55	29:34	6:29	7	20:20	79	20:20
Last lap Finish	0.45	2:07	4:42	4	0:26	42	0:35	5.00	31:41	6:20	6	9:09	73	9:55