



3Türmelauf

Bad Langensalza / 14.04.2019

Detailed evaluation

Döbel, Manu

Club: Bad Langensalza

Number: 1254

Course: 5.00 km

5 km - Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 31:30

Speed: 9.52 km/h

Running performance: 6:18 min/km

Rank in course/Total: 181 (of 238)

Rank in course/Women: 71 (of 108)

Best time in course: 21:46

Rank in category: 13(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	29:12	6:25	16	8:15	77	19:58	4.55	29:12	6:25	16	8:15	77	19:58
Last lap Finish	0.45	2:18	5:06	10	0:35	66	0:46	5.00	31:30	6:17	13	8:50	71	9:44