



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Schichlein, Karina

Club: Diakonie
Number: 1247

Course: 5.00 km
5 km - Lauf

Category:
Seniorinnen W55 (55-59 Jahre)

Total time: 31:44
Speed: 9.45 km/h
Running performance: 6:21 min/km
Rank in course/Total: 186 (of 238)
Rank in course/Women: 74 (of 108)
Best time in course: 21:46
Rank in category: 1(of 2)
Best time in the category: 31:44

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	29:23	6:27	1	-	78	20:09	4.55	29:23	6:27	1	-	78	20:09
Last lap Finish	0.45	2:21	5:13	1	-	73	0:49	5.00	31:44	6:20	1	-	74	9:58