



3Türmelauf

Bad Langensalza / 14.04.2019

Detailed evaluation

Doll, Simone

Club: VR Bank Westthüringen eG
Number: 1127

Course: 5.00 km
5 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 33:45

Speed: 8.89 km/h
Running performance: 6:45 min/km

Rank in course/Total: 204 (of 238)

Rank in course/Women: 84 (of 108)

Best time in course: 21:46

Rank in category: 10(of 11)

Best time in the category: 25:34

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Lap 1	4.55	31:09	6:50	10	7:35	89	21:55	4.55	31:09	6:50	10	7:35	89	21:55
Last lap Finish	0.45	2:36	5:46	10	0:36	90	1:04	5.00	33:45	6:45	10	8:11	84	11:59