



# 3Türmelauf

Bad Langensalza / 14.04.2019

## Detailed evaluation

**Bernhardt, Yvonne**

Club: DaRoTel

Number: 1063

Course: 5.00 km

5 km - Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 32:54

Speed: 9.12 km/h

Running performance: 6:35 min/km

Rank in course/Total: 195 (of 238)

Rank in course/Women: 78 (of 108)

Best time in course: 21:46

Rank in category: 7(of 11)

Best time in the category: 21:46

### 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	30:25	6:41	7	10:24	83	21:11	4.55	30:25	6:41	7	10:24	83	21:11
Last lap Finish	0.45	2:29	5:31	8	0:44	84	0:57	5.00	32:54	6:34	7	11:08	78	11:08