



# 3Türmelauf

Bad Langensalza / 14.04.2019

## Detailed evaluation

**Koschke, Andrea**

Club: Bad Langensalza

Number: 1030

Course: 5.00 km

5 km - Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 33:34

Speed: 8.94 km/h

Running performance: 6:43 min/km

Rank in course/Total: 203 (of 238)

Rank in course/Women: 83 (of 108)

Best time in course: 21:46

Rank in category: 15(of 20)

Best time in the category: 22:40

### 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	31:04	6:49	18	10:07	87	21:50	4.55	31:04	6:49	18	10:07	87	21:50
Last lap Finish	0.45	2:30	5:33	14	0:47	85	0:58	5.00	33:34	6:42	15	10:54	83	11:48