



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Müller, Carolin

Club: SPD-Bad Langensalza
Number: 1197

Course: 5.00 km
5 km - Lauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 33:55
Speed: 8.85 km/h
Running performance: 6:47 min/km
Rank in course/Total: 206 (of 238)
Rank in course/Women: 85 (of 108)
Best time in course: 21:46
Rank in category: 9(of 11)
Best time in the category: 21:46

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	31:20	6:53	9	11:19	91	22:06	4.55	31:20	6:53	9	11:19	91	22:06
Last lap Finish	0.45	2:35	5:44	10	0:50	89	1:03	5.00	33:55	6:46	9	12:09	85	12:09