



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Keidel, Judith

Club: Bad Langensalza
Number: 1028

Course: 5.00 km
5 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 34:55

Speed: 8.59 km/h
Running performance: 6:59 min/km

Rank in course/Total: 214 (of 238)

Rank in course/Women: 88 (of 108)

Best time in course: 21:46

Rank in category: 11(of 11)

Best time in the category: 25:34

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	4.55	32:14	7:05	11	8:40	93	23:00	4.55	32:14	7:05	11	8:40	93	23:00
Last lap Finish	0.45	2:41	5:57	11	0:41	95	1:09	5.00	34:55	6:58	11	9:21	88	13:09