



3Türmelauf

Bad Langensalza / 14.04.2019

Detailed evaluation

Kohr, Carolin

Club: Jesus-Haus Gemeinde

Number: 1130

Course: 5.00 km

5 km - Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 34:29

Speed: 8.70 km/h

Running performance: 6:54 min/km

Rank in course/Total: 212 (of 238)

Rank in course/Women: 87 (of 108)

Best time in course: 21:46

Rank in category: 10(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	31:55	7:00	10	11:54	92	22:41	4.55	31:55	7:00	10	11:54	92	22:41
Last lap Finish	0.45	2:34	5:42	9	0:49	88	1:02	5.00	34:29	6:53	10	12:43	87	12:43