



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Reinz, Elfi

Club: Schönstedt
Number: 1039

Course: 5.00 km
5 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 35:32

Speed: 8.44 km/h
Running performance: 7:07 min/km

Rank in course/Total: 223 (of 238)

Rank in course/Women: 96 (of 108)

Best time in course: 21:46

Rank in category: 19(of 20)

Best time in the category: 22:40

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	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	32:56	7:14	19	11:59	94	23:42	4.55	32:56	7:14	19	11:59	94	23:42
Last lap Finish	0.45	2:36	5:46	16	0:53	90	1:04	5.00	35:32	7:06	19	12:52	96	13:46