



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Zinserling, Angelika

Club: Georgenthal
Number: 1056

Course: 5.00 km
5 km - Lauf

Category:
Seniorinnen W55 (55-59 Jahre)

Total time: 37:42
Speed: 7.96 km/h
Running performance: 7:32 min/km
Rank in course/Total: 226 (of 238)
Rank in course/Women: 99 (of 108)
Best time in course: 21:46
Rank in category: 2(of 2)
Best time in the category: 31:44

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	35:02	7:41	2	5:39	101	25:48	4.55	35:02	7:41	2	5:39	101	25:48
Last lap Finish	0.45	2:40	5:55	2	0:19	93	1:08	5.00	37:42	7:32	2	5:58	99	15:56