



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Meißner, Katrin

Club: Entspaaaaaaaaaaaaaannt
Number: 1238

Course: 5.00 km
5 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 35:29
Speed: 8.45 km/h
Running performance: 7:06 min/km
Rank in course/Total: 222 (of 238)
Rank in course/Women: 95 (of 108)
Best time in course: 21:46
Rank in category: 18(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	28:03	6:09	11	7:06	55	18:49	4.55	28:03	6:09	11	7:06	55	18:49
Last lap Finish	0.45	7:26	16:31	20	5:43	106	5:54	5.00	35:29	7:05	18	12:49	95	13:43