



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Poweleit-Straube, Maren

Club: Entspaaaaaaaaaaaaannt
Number: 1239

Course: 5.00 km
5 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 35:26
Speed: 8.47 km/h
Running performance: 7:05 min/km
Rank in course/Total: 218 (of 238)
Rank in course/Women: 92 (of 108)
Best time in course: 21:46
Rank in category: 16(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	28:02	6:09	9	7:05	53	18:48	4.55	28:02	6:09	9	7:05	53	18:48
Last lap Finish	0.45	7:24	16:26	18	5:41	104	5:52	5.00	35:26	7:05	16	12:46	92	13:40