



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Mehlhorn, Katharina

Club: Entspaaaaaaaaaaaaaannt
Number: 1241

Course: 5.00 km
5 km - Lauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 37:45
Speed: 7.95 km/h
Running performance: 7:33 min/km
Rank in course/Total: 228 (of 238)
Rank in course/Women: 101 (of 108)
Best time in course: 21:46
Rank in category: 11(of 11)
Best time in the category: 21:46

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	35:03	7:42	11	15:02	103	25:49	4.55	35:03	7:42	11	15:02	103	25:49
Last lap Finish	0.45	2:42	6:00	11	0:57	97	1:10	5.00	37:45	7:32	11	15:59	101	15:59