



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Grobe-Richarz, Saskia

Club: Entspaaaaaaaaaaaaaannt
Number: 1236

Course: 5.00 km
5 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 37:43

Speed: 7.95 km/h
Running performance: 7:32 min/km

Rank in course/Total: 227 (of 238)

Rank in course/Women: 100 (of 108)

Best time in course: 21:46

Rank in category: 20(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.	Stage score		Total ranking						
						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	20	14:05	101	25:48	4.55	35:02	7:41	20	14:05	101	25:48
Last lap Finish	0.45	2:41	5:57	17	0:58	95	1:09	5.00	37:43	7:32	20	15:03	100	15:57