



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Hofmann, Nadja

Club: Arnstadt
Number: 1024

Course: 5.00 km
5 km - Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 42:39

Speed: 7.03 km/h
Running performance: 8:32 min/km

Rank in course/Total: 236 (of 238)

Rank in course/Women: 107 (of 108)

Best time in course: 21:46

Rank in category: 8(of 8)

Best time in the category: 22:32

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	9:14	2:01	1	-	1	-	4.55	9:14	2:01	1	-	1	-
Last lap Finish	0.45	33:25	74:15	8	31:44	108	31:53	5.00	42:39	8:31	8	20:07	107	20:53