



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

STÖPEL, Karola

Club: RFV Drei Tannen Zimmern e.V.
Number: 1093

Course: 5.00 km
5 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 29:49

Speed: 10.06 km/h
Running performance: 5:58 min/km

Rank in course/Total: 124 (of 232)

Rank in course/Women: 35 (of 96)

Best time in course: 20:57

Rank in category: 7(of 13)

Best time in the category: 25:24

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	0.50	2:56	5:51	9	0:44	56	1:11	0.50	2:56	5:51	9	0:44	56	1:11
Lap 2	4.00	24:07	6:01	5	3:24	28	6:58	4.50	27:03	6:00	7	4:08	35	8:06
Last lap Finish	0.50	2:46	5:31	7	0:17	45	0:46	5.00	29:49	5:57	7	4:25	35	8:52