



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         |