



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

Ruft, Marlene

Number: 1254

Course: 5.00 km
5 km - Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 35:04

Speed: 8.56 km/h
Running performance: 7:01 min/km

Rank in course/Total: 201 (of 232)

Rank in course/Women: 78 (of 96)

Best time in course: 20:57

Rank in category: 7(of 8)

Best time in the category: 23:11

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	3:11	6:21	7	1:22	83	1:26	0.50	3:11	6:21	7	1:22	83	1:26
Lap 2	4.00	28:22	7:05	7	9:18	77	11:13	4.50	31:33	7:00	7	10:40	77	12:36
Last lap Finish	0.50	3:31	7:01	8	1:13	92	1:31	5.00	35:04	7:00	7	11:53	78	14:07