



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

BASSON, Beate

Club: PFH Berlin
Number: 1091

Course: 5.00 km
5 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 36:38

Speed: 8.19 km/h
Running performance: 7:20 min/km

Rank in course/Total: 220 (of 232)

Rank in course/Women: 92 (of 96)

Best time in course: 20:57

Rank in category: 12(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	3:15	6:30	12	1:03	91	1:30	0.50	3:15	6:30	12	1:03	91	1:30
Lap 2	4.00	29:46	7:26	12	9:03	84	12:37	4.50	33:01	7:20	12	10:06	89	14:04
Last lap Finish	0.50	3:37	7:14	13	1:08	95	1:37	5.00	36:38	7:19	12	11:14	92	15:41