



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

KOHR, Carolin

Club: Jesus-Haus Gemeinde e.V.
Number: 1073

Course: 5.00 km
5 km - Lauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 36:42

Speed: 8.17 km/h
Running performance: 7:20 min/km

Rank in course/Total: 221 (of 232)

Rank in course/Women: 93 (of 96)

Best time in course: 20:57

Rank in category: 6(of 6)

Best time in the category: 22:56

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	3:16	6:31	6	1:31	92	1:31	0.50	3:16	6:31	6	1:31	92	1:31
Lap 2	4.00	29:55	7:28	6	10:57	87	12:46	4.50	33:11	7:22	6	12:28	92	14:14
Last lap Finish	0.50	3:31	7:01	6	1:18	92	1:31	5.00	36:42	7:20	6	13:46	93	15:45