



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

Fehn, Rebecca

Club: SV Empor
Number: 1247

Course: 5.00 km
5 km - Lauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 34:16

Speed: 8.75 km/h
Running performance: 6:51 min/km

Rank in course/Total: 194 (of 232)

Rank in course/Women: 73 (of 96)

Best time in course: 20:57

Rank in category: 4(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	3:11	6:21	3	1:26	83	1:26	0.50	3:11	6:21	3	1:26	83	1:26
Lap 2	4.00	28:04	7:00	5	9:06	76	10:55	4.50	31:15	6:56	5	10:32	75	12:18
Last lap Finish	0.50	3:01	6:01	4	0:48	69	1:01	5.00	34:16	6:51	4	11:20	73	13:19