



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

Steinbrecher, Christiane

Club: Mühlhausen
Number: 1221

Course: 5.00 km
5 km - Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 35:11

Speed: 8.53 km/h
Running performance: 7:02 min/km

Rank in course/Total: 202 (of 232)

Rank in course/Women: 79 (of 96)

Best time in course: 20:57

Rank in category: 3(of 3)

Best time in the category: 29:46

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	3:02	6:03	3	0:42	65	1:17	0.50	3:02	6:03	3	0:42	65	1:17
Lap 2	4.00	28:40	7:10	3	4:09	80	11:31	4.50	31:42	7:02	3	4:45	80	12:45
Last lap Finish	0.50	3:29	6:58	3	0:40	90	1:29	5.00	35:11	7:02	3	5:25	79	14:14