



3Türmelauf  
Bad Langensalza / 22.04.2018

Detailed evaluation

**DÖBEL, Manuela**

Club: Laufgruppe Horst Schmelzer  
Number: 1082

Course: 5.00 km  
5 km - Lauf

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 37:43

Speed: 7.95 km/h  
Running performance: 7:32 min/km

Rank in course/Total: 224 (of 232)

Rank in course/Women: 95 (of 96)

Best time in course: 20:57

Rank in category: 13(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	3:46	7:31	13	1:34	96	2:01	0.50	3:46	7:31	13	1:34	96	2:01
Lap 2	4.00	30:24	7:35	13	9:41	93	13:15	4.50	34:10	7:35	13	11:15	94	15:13
Last lap Finish	0.50	3:33	7:05	12	1:04	94	1:33	5.00	37:43	7:32	13	12:19	95	16:46