



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

KRIEGHOFF, Luise

Club: VR Bank / Impuls Erfurt
Number: 116

Course: 12.50 km
12,5 km -Lauf

Category:
Frauen (20-29 Jahre)

Total time: 1:01:29

Speed: 11.71 km/h
Running performance: 4:55 min/km

Rank in course/Total: 68 (of 267)

Rank in course/Women: 6 (of 71)

Best time in course: 55:52

Rank in category: 1(of 10)

Best time in the category: 1:01:29

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	2:10	4:19	1	-	7	0:12	0.50	2:10	4:19	1	-	7	0:12
Lap 2	9.00	40:04	4:27	1	-	5	2:28	9.50	42:14	4:26	1	-	5	2:37
Last lap Finish	3.00	19:15	6:25	1	-	13	3:00	12.50	1:01:29	4:55	1	-	6	5:37