



3Türmelauf

Bad Langensalza / 22.04.2018

Detailed evaluation

GROCH, Juliane

Club: sc impuls Erfurt

Number: 153

Course: 12.50 km

12,5 km -Lauf

Category:

Frauen (20-29 Jahre)

Total time: 1:05:16

Speed: 11.49 km/h

Running performance: 5:13 min/km

Rank in course/Total: 108 (of 267)

Rank in course/Women: 12 (of 71)

Best time in course: 55:52

Rank in category: 2(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	2:26	4:51	3	0:16	18	0:28	0.50	2:26	4:51	3	0:16	18	0:28
Lap 2	9.00	43:33	4:50	2	3:29	14	5:57	9.50	45:59	4:50	2	3:45	14	6:22
Last lap Finish	3.00	19:17	6:25	2	0:02	14	3:02	12.50	1:05:16	5:13	2	3:47	12	9:24