



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

KNOTHE, Simone

Club: BSG Sparkasse UH
Number: 19

Course: 12.50 km
12,5 km -Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 1:05:44

Speed: 11.41 km/h
Running performance: 5:16 min/km

Rank in course/Total: 111 (of 267)

Rank in course/Women: 14 (of 71)

Best time in course: 55:52

Rank in category: 1(of 5)

Best time in the category: 1:05:44

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	2:19	4:38	1	-	13	0:21	0.50	2:19	4:38	1	-	13	0:21
Lap 2	9.00	43:23	4:49	1	-	13	5:47	9.50	45:42	4:48	1	-	12	6:05
Last lap Finish	3.00	20:02	6:40	2	0:20	20	3:47	12.50	1:05:44	5:15	1	-	14	9:52