



3Türmelauf

Bad Langensalza / 22.04.2018

Detailed evaluation

LUDWIG, Ivette

Club: DLRG

Number: 39

Course: 12.50 km

12,5 km -Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 1:06:28

Speed: 10.83 km/h

Running performance: 5:19 min/km

Rank in course/Total: 118 (of 267)

Rank in course/Women: 16 (of 71)

Best time in course: 55:52

Rank in category: 2(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.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	0.50	2:24	4:47	2	0:05	17	0:26	0.50	2:24	4:47	2	0:05	17	0:26
Lap 2	9.00	44:22	4:55	2	0:59	17	6:46	9.50	46:46	4:55	2	1:04	17	7:09
Last lap Finish	3.00	19:42	6:33	1	-	18	3:27	12.50	1:06:28	5:19	2	0:44	16	10:36