



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

Popp, Katja

Club: Laufgruppe Bad Frankenhausen/Gällingen
Number: 236

Course: 12.50 km
12,5 km -Lauf

Category:
Frauen (20-29 Jahre)

Total time: 1:07:21

Speed: 11.14 km/h
Running performance: 5:23 min/km

Rank in course/Total: 133 (of 267)

Rank in course/Women: 22 (of 71)

Best time in course: 55:52

Rank in category: 4(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	2:36	5:12	5	0:26	28	0:38	0.50	2:36	5:12	5	0:26	28	0:38
Lap 2	9.00	45:26	5:02	5	5:22	25	7:50	9.50	48:02	5:03	5	5:48	25	8:25
Last lap Finish	3.00	19:19	6:26	3	0:04	15	3:04	12.50	1:07:21	5:23	4	5:52	22	11:29