



**3Türmelauf**  
Bad Langensalza / 22.04.2018

Detailed evaluation

**HARDER, Yvonne**

Club: Bad Langensalza  
Number: 10

Course: 12.50 km  
12,5 km -Lauf

Category:  
Seniorinnen W35 (35-39 Jahre)

Total time: 1:08:16

Speed: 10.55 km/h  
Running performance: 5:28 min/km

Rank in course/Total: 144 (of 267)

Rank in course/Women: 23 (of 71)

Best time in course: 55:52

Rank in category: 6(of 14)

Best time in the category: 58:53

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	2:39	5:17	6	0:40	32	0:41	0.50	2:39	5:17	6	0:40	32	0:41
Lap 2	9.00	45:13	5:01	7	6:13	21	7:37	9.50	47:52	5:02	7	6:51	22	8:15
Last lap Finish	3.00	20:24	6:47	6	3:10	23	4:09	12.50	1:08:16	5:27	6	9:23	23	12:24