



3Türmelauf

Bad Langensalza / 22.04.2018

Detailed evaluation

RICHTER, Sabine

Club: Bad Tennstedt

Number: 12

Course: 12.50 km

12,5 km -Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:09:00

Speed: 10.43 km/h

Running performance: 5:31 min/km

Rank in course/Total: 151 (of 267)

Rank in course/Women: 26 (of 71)

Best time in course: 55:52

Rank in category: 3(of 14)

Best time in the category: 1:04:37

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	2:54	5:47	8	0:37	47	0:56	0.50	2:54	5:47	8	0:37	47	0:56
Lap 2	9.00	45:25	5:02	2	2:16	24	7:49	9.50	48:19	5:05	2	2:53	26	8:42
Last lap Finish	3.00	20:41	6:53	3	1:30	26	4:26	12.50	1:09:00	5:31	3	4:23	26	13:08