



**3Türmelauf**  
Bad Langensalza / 22.04.2018

Detailed evaluation

**ERNST, Beate**

Club: Sonntagsläufer Tambach-Dietharz  
Number: 164

Course: 12.50 km  
12,5 km -Lauf

Category:  
Seniorinnen W50 (50-54 Jahre)

Total time: 1:06:50

Speed: 10.77 km/h  
Running performance: 5:21 min/km

Rank in course/Total: 120 (of 267)

Rank in course/Women: 18 (of 71)

Best time in course: 55:52

Rank in category: 4(of 7)

Best time in the category: 56:56

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	2:23	4:46	4	0:25	15	0:25	0.50	2:23	4:46	4	0:25	15	0:25
Lap 2	9.00	45:20	5:02	4	7:15	23	7:44	9.50	47:43	5:01	4	7:40	21	8:06
Last lap Finish	3.00	19:07	6:22	4	2:14	10	2:52	12.50	1:06:50	5:20	4	9:54	18	10:58