



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

KEYSER, Anja

Club: Team Physiotherapie Ute Zöllner
Number: 183

Course: 12.50 km
12,5 km -Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 1:10:46

Speed: 10.17 km/h
Running performance: 5:40 min/km

Rank in course/Total: 171 (of 267)

Rank in course/Women: 31 (of 71)

Best time in course: 55:52

Rank in category: 7(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	2:45	5:30	8	0:46	36	0:47	0.50	2:45	5:30	8	0:46	36	0:47
Lap 2	9.00	46:37	5:10	8	7:37	31	9:01	9.50	49:22	5:11	8	8:21	31	9:45
Last lap Finish	3.00	21:24	7:07	9	4:10	37	5:09	12.50	1:10:46	5:39	7	11:53	31	14:54