



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

Rothhegel, Ilona

Club: Erfurt
Number: 250

Course: 12.50 km
12,5 km -Lauf

Category:
Seniorinnen W70 (70-74 Jahre)

Total time: 1:10:39

Speed: 10.19 km/h
Running performance: 5:39 min/km

Rank in course/Total: 168 (of 267)

Rank in course/Women: 30 (of 71)

Best time in course: 55:52

Rank in category: 1(of 1)

Best time in the category: 1:10:39

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	2:37	5:14	1	-	30	0:39	0.50	2:37	5:14	1	-	30	0:39
Lap 2	9.00	46:47	5:11	1	-	32	9:11	9.50	49:24	5:12	1	-	32	9:47
Last lap Finish	3.00	21:15	7:04	1	-	33	5:00	12.50	1:10:39	5:39	1	-	30	14:47