



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

BärWOLF, Silvia

Club: Laufftreff Breitungen
Number: 100

Course: 12.50 km
12,5 km -Lauf

Category:
Seniorinnen W55 (55-59 Jahre)

Total time: 1:12:14

Speed: 9.97 km/h
Running performance: 5:47 min/km

Rank in course/Total: 180 (of 267)

Rank in course/Women: 34 (of 71)

Best time in course: 55:52

Rank in category: 2(of 6)

Best time in the category: 1:06:25

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	2:26	4:51	2	0:05	18	0:28	0.50	2:26	4:51	2	0:05	18	0:28
Lap 2	9.00	48:44	5:24	2	4:47	38	11:08	9.50	51:10	5:23	2	4:52	37	11:33
Last lap Finish	3.00	21:04	7:01	2	0:57	31	4:49	12.50	1:12:14	5:46	2	5:49	34	16:22