



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

GRIESEL, Mona

Club: PFH Berlin
Number: 130

Course: 12.50 km
12,5 km -Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 1:13:27

Speed: 9.80 km/h
Running performance: 5:53 min/km

Rank in course/Total: 197 (of 267)

Rank in course/Women: 43 (of 71)

Best time in course: 55:52

Rank in category: 5(of 14)

Best time in the category: 1:04:37

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	3:13	6:26	13	0:56	65	1:15	0.50	3:13	6:26	13	0:56	65	1:15
Lap 2	9.00	49:04	5:27	5	5:55	42	11:28	9.50	52:17	5:30	5	6:51	44	12:40
Last lap Finish	3.00	21:10	7:03	6	1:59	32	4:55	12.50	1:13:27	5:52	5	8:50	43	17:35