



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

HAASE, Maria-Christina

Club: Team Physiotherapie Ute Zöllner
Number: 185

Course: 12.50 km
12,5 km -Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 1:13:38

Speed: 9.78 km/h
Running performance: 5:53 min/km

Rank in course/Total: 199 (of 267)

Rank in course/Women: 44 (of 71)

Best time in course: 55:52

Rank in category: 6(of 14)

Best time in the category: 1:04:37

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	2:56	5:51	9	0:39	49	0:58	0.50	2:56	5:51	9	0:39	49	0:58
Lap 2	9.00	49:42	5:31	6	6:33	45	12:06	9.50	52:38	5:32	7	7:12	46	13:01
Last lap Finish	3.00	21:00	7:00	5	1:49	30	4:45	12.50	1:13:38	5:53	6	9:01	44	17:46