



3Türmelauf

Bad Langensalza / 22.04.2018

Detailed evaluation

Pfannstiel, Anke

Club: Thamsbrueck

Number: 240

Course: 12.50 km

12,5 km -Lauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 1:14:26

Speed: 9.67 km/h

Running performance: 5:57 min/km

Rank in course/Total: 206 (of 267)

Rank in course/Women: 45 (of 71)

Best time in course: 55:52

Rank in category: 11(of 14)

Best time in the category: 58:53

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	2:23	4:46	4	0:24	15	0:25	0.50	2:23	4:46	4	0:24	15	0:25
Lap 2	9.00	44:57	4:59	6	5:57	19	7:21	9.50	47:20	4:58	6	6:19	18	7:43
Last lap Finish	3.00	27:06	9:01	14	9:52	66	10:51	12.50	1:14:26	5:57	11	15:33	45	18:34