



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

GARN, Claudi

Club: SILVERBACKS Harz
Number: 156

Course: 12.50 km
12,5 km -Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 1:13:20

Speed: 9.82 km/h
Running performance: 5:52 min/km

Rank in course/Total: 191 (of 267)

Rank in course/Women: 39 (of 71)

Best time in course: 55:52

Rank in category: 10(of 14)

Best time in the category: 58:53

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	2:47	5:33	9	0:48	37	0:49	0.50	2:47	5:33	9	0:48	37	0:49
Lap 2	9.00	49:14	5:28	11	10:14	43	11:38	9.50	52:01	5:28	11	11:00	42	12:24
Last lap Finish	3.00	21:19	7:06	7	4:05	34	5:04	12.50	1:13:20	5:51	10	14:27	39	17:28