



3Türmelauf

Bad Langensalza / 22.04.2018

Detailed evaluation

LIPPOLD, Yvonne

Club: Mühlhäuser Röblinglaufverein
Number: 125

Course: 12.50 km
12,5 km -Lauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 1:13:25

Speed: 9.81 km/h
Running performance: 5:52 min/km

Rank in course/Total: 195 (of 267)

Rank in course/Women: 41 (of 71)

Best time in course: 55:52

Rank in category: 5(of 7)

Best time in the category: 55:52

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	2:57	5:54	5	0:56	51	0:59	0.50	2:57	5:54	5	0:56	51	0:59
Lap 2	9.00	48:48	5:25	4	11:12	39	11:12	9.50	51:45	5:26	4	12:08	39	12:08
Last lap Finish	3.00	21:40	7:13	5	5:25	40	5:25	12.50	1:13:25	5:52	5	17:33	41	17:33