



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

Franke, Heike

Club: SC Impuls Erfurt
Number: 248

Course: 12.50 km
12,5 km -Lauf

Category:
Seniorinnen W60 (60-64 Jahre)

Total time: 1:15:45

Speed: 9.90 km/h
Running performance: 6:04 min/km

Rank in course/Total: 209 (of 267)

Rank in course/Women: 46 (of 71)

Best time in course: 55:52

Rank in category: 2(of 3)

Best time in the category: 1:09:48

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	2:48	5:35	2	0:22	39	0:50	0.50	2:48	5:35	2	0:22	39	0:50
Lap 2	9.00	50:09	5:34	2	3:43	47	12:33	9.50	52:57	5:34	2	4:05	47	13:20
Last lap Finish	3.00	22:48	7:36	2	1:52	46	6:33	12.50	1:15:45	6:03	2	5:57	46	19:53