



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: 9.50 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 |       |        | Pos  |      | Behind |       | Total |         |        | Pos  |      | Behind |       |
|-----------------|-------|-------|--------|------|------|--------|-------|-------|---------|--------|------|------|--------|-------|
|                 | km    | Time  | min/km | Cat. | Cat. | Women  | Women | km    | Time    | min/km | Cat. | Cat. | Women  | 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 |