



3Türmelauf  
Bad Langensalza / 22.04.2018

Detailed evaluation

Techsam- Friedrich, Sylvia

Club: Thamsbrück  
Number: 209

Course: 12.50 km  
12,5 km -Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 1:16:33

Speed: 9.41 km/h  
Running performance: 6:07 min/km

Rank in course/Total: 211 (of 267)

Rank in course/Women: 47 (of 71)

Best time in course: 55:52

Rank in category: 7(of 14)

Best time in the category: 1:04:37

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	2:33	5:05	3	0:16	26	0:35	0.50	2:33	5:05	3	0:16	26	0:35
Lap 2	9.00	49:56	5:32	7	6:47	46	12:20	9.50	52:29	5:31	6	7:03	45	12:52
Last lap Finish	3.00	24:04	8:01	13	4:53	57	7:49	12.50	1:16:33	6:07	7	11:56	47	20:41