



3Türmelauf

Bad Langensalza / 22.04.2018

Detailed evaluation

DEMBECK, Katja

Club: DaRoTel

Number: 29

Course: 12.50 km

12,5 km -Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 1:16:34

Speed: 9.40 km/h

Running performance: 6:08 min/km

Rank in course/Total: 212 (of 267)

Rank in course/Women: 48 (of 71)

Best time in course: 55:52

Rank in category: 6(of 7)

Best time in the category: 55:52

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Women	Behind Women	
								km	Time	min/km	Pos	Behind	Pos					Behind
Lap 1	0.50	3:02	6:03	6	1:01	55	1:04	0.50	3:02	6:03	6	1:01	55	1:04				
Lap 2	9.00	51:21	5:42	6	13:45	54	13:45	9.50	54:23	5:43	6	14:46	54	14:46				
Last lap Finish	3.00	22:11	7:23	6	5:56	43	5:56	12.50	1:16:34	6:07	6	20:42	48	20:42				