



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

SCHENK, Nicole

Club: RFV Drei Tannen Zimmern e.V.
Number: 134

Course: 12.50 km
12,5 km -Lauf

Category:
Frauen (20-29 Jahre)

Total time: 1:17:13

Speed: 9.32 km/h
Running performance: 6:11 min/km

Rank in course/Total: 216 (of 267)

Rank in course/Women: 49 (of 71)

Best time in course: 55:52

Rank in category: 7(of 10)

Best time in the category: 1:01:29

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	3:02	6:03	9	0:52	55	1:04	0.50	3:02	6:03	9	0:52	55	1:04
Lap 2	9.00	50:39	5:37	7	10:35	48	13:03	9.50	53:41	5:39	7	11:27	49	14:04
Last lap Finish	3.00	23:32	7:50	7	4:17	51	7:17	12.50	1:17:13	6:10	7	15:44	49	21:21