



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

HAHN, Silke

Club: Mühlhausen
Number: 119

Course: 12.50 km
12,5 km -Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 1:17:15

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

Rank in course/Total: 217 (of 267)

Rank in course/Women: 50 (of 71)

Best time in course: 55:52

Rank in category: 8(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	3:07	6:14	12	0:50	59	1:09	0.50	3:07	6:14	12	0:50	59	1:09
Lap 2	9.00	51:10	5:41	9	8:01	51	13:34	9.50	54:17	5:42	9	8:51	53	14:40
Last lap Finish	3.00	22:58	7:39	7	3:47	47	6:43	12.50	1:17:15	6:10	8	12:38	50	21:23