



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

LORENZ, Heike

Club: Bad Langensalza
Number: 8

Course: 12.50 km
12,5 km -Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 1:18:09

Speed: 9.21 km/h
Running performance: 6:15 min/km

Rank in course/Total: 229 (of 267)

Rank in course/Women: 54 (of 71)

Best time in course: 55:52

Rank in category: 10(of 14)

Best time in the category: 1:04:37

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	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	10	0:45	55	1:04	0.50	3:02	6:03	10	0:45	55	1:04
Lap 2	9.00	51:35	5:43	10	8:26	55	13:59	9.50	54:37	5:44	10	9:11	55	15:00
Last lap Finish	3.00	23:32	7:50	9	4:21	51	7:17	12.50	1:18:09	6:15	10	13:32	54	22:17