



**3Türmelauf**  
Bad Langensalza / 22.04.2018

Detailed evaluation

**Botu, Sabine**

Club: Brüheim  
Number: 286

Course: 12.50 km  
12,5 km -Lauf

Category:  
Seniorinnen W50 (50-54 Jahre)

Total time: 1:18:26

Speed: 9.56 km/h  
Running performance: 6:16 min/km

Rank in course/Total: 231 (of 267)

Rank in course/Women: 55 (of 71)

Best time in course: 55:52

Rank in category: 7(of 7)

Best time in the category: 56:56

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     | 3:10       | 6:19         | 7           | 1:12        | 61        | 1:12         | 0.50          | 3:10       | 6:19         | 7        | 1:12        | 61        | 1:12         |
| Lap 2           | 9.00     | 52:16      | 5:48         | 7           | 14:11       | 57        | 14:40        | 9.50          | 55:26      | 5:50         | 7        | 15:23       | 59        | 15:49        |
| Last lap Finish | 3.00     | 23:00      | 7:40         | 7           | 6:07        | 48        | 6:45         | 12.50         | 1:18:26    | 6:16         | 7        | 21:30       | 55        | 22:34        |