



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

TEXTOR, Ines

Club: Team Physiotherapie Ute Zöllner
Number: 182

Course: 12.50 km
12,5 km -Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 1:20:02

Speed: 9.00 km/h
Running performance: 6:24 min/km

Rank in course/Total: 239 (of 267)

Rank in course/Women: 58 (of 71)

Best time in course: 55:52

Rank in category: 12(of 14)

Best time in the category: 1:04:37

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Lap 1	0.50	2:41	5:21	4	0:24	35	0:43	0.50	2:41	5:21	4	0:24	35	0:43
Lap 2	9.00	52:19	5:48	12	9:10	58	14:43	9.50	55:00	5:47	12	9:34	57	15:23
Last lap Finish	3.00	25:02	8:20	14	5:51	61	8:47	12.50	1:20:02	6:24	12	15:25	58	24:10