



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

Axt, Ines

Club: Laucha
Number: 207

Course: 12.50 km
12,5 km -Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 1:20:11

Speed: 9.35 km/h
Running performance: 6:25 min/km

Rank in course/Total: 240 (of 267)

Rank in course/Women: 59 (of 71)

Best time in course: 55:52

Rank in category: 13(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.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	0.50	3:05	6:10	11	0:48	58	1:07	0.50	3:05	6:10	11	0:48	58	1:07
Lap 2	9.00	53:21	5:55	13	10:12	61	15:45	9.50	56:26	5:56	13	11:00	61	16:49
Last lap Finish	3.00	23:45	7:55	11	4:34	55	7:30	12.50	1:20:11	6:24	13	15:34	59	24:19