



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: 8.98 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 | Intermediate times | | | | Stage score | | | | Total ranking | | | | | |
|-----------------|--------------------|------------|--------------|----------|-------------|-----------|--------------|----------|---------------|--------------|----------|-------------|-----------|--------------|
| | 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 | 3:05 | 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 |