



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

Adam, Justine

Club: Luisenthaler SV
Number: 279

Course: 12.50 km
12,5 km -Lauf

Category:
Frauen (20-29 Jahre)

Total time: 1:31:42

Speed: 8.18 km/h
Running performance: 7:20 min/km

Rank in course/Total: 260 (of 267)

Rank in course/Women: 68 (of 71)

Best time in course: 55:52

Rank in category: 9(of 10)

Best time in the category: 1:01:29

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	2:56	5:51	7	0:46	49	0:58	0.50	2:56	5:51	7	0:46	49	0:58
Lap 2	9.00	1:01:04	6:47	10	21:00	69	23:28	9.50	1:04:00	6:44	9	21:46	68	24:23
Last lap Finish	3.00	27:42	9:13	9	8:27	68	11:27	12.50	1:31:42	7:20	9	30:13	68	35:50