



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

LUTZE, Beate

Club: PFH Berlin
Number: 129

Course: 12.50 km
12,5 km -Lauf

Category:
Seniorinnen W55 (55-59 Jahre)

Total time: 1:36:52

Speed: 7.43 km/h
Running performance: 7:45 min/km

Rank in course/Total: 264 (of 267)

Rank in course/Women: 70 (of 71)

Best time in course: 55:52

Rank in category: 5(of 6)

Best time in the category: 1:06:25

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	3:36	7:12	5	1:15	70	1:38	0.50	3:36	7:12	5	1:15	70	1:38
Lap 2	9.00	1:04:35	7:10	5	20:38	70	26:59	9.50	1:08:11	7:10	5	21:53	70	28:34
Last lap Finish	3.00	28:41	9:33	5	8:34	69	12:26	12.50	1:36:52	7:44	5	30:27	70	41:00