



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

Pokahr, Viola

Club: Sonntagsläufer Tambach-Dietharz
Number: 288

Course: 12.50 km
12,5 km -Lauf

Category:
Seniorinnen W55 (55-59 Jahre)

Total time: 1:47:11

Speed: 7.00 km/h
Running performance: 8:34 min/km

Rank in course/Total: 266 (of 267)

Rank in course/Women: 71 (of 71)

Best time in course: 55:52

Rank in category: 6(of 6)

Best time in the category: 1:06:25

Intermediate times				Stage score				Total ranking						
Control	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	3:37	7:14	6	1:16	71	1:39	0.50	3:37	7:14	6	1:16	71	1:39
Lap 2	9.00	1:10:22	7:49	6	26:25	71	32:46	9.50	1:13:59	7:47	6	27:41	71	34:22
Last lap Finish	3.00	33:12	11:04	6	13:05	71	16:57	12.50	1:47:11	8:34	6	40:46	71	51:19