



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

BECK, Julia

Club: Evangelische Grundschule Bad Langensalza
Number: 46

Course: 12.50 km
12,5 km -Lauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 1:24:22

Speed: 8.53 km/h
Running performance: 6:45 min/km

Rank in course/Total: 251 (of 267)

Rank in course/Women: 64 (of 71)

Best time in course: 55:52

Rank in category: 7(of 7)

Best time in the category: 55:52

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	3:16	6:31	7	1:15	66	1:18	0.50	3:16	6:31	7	1:15	66	1:18
Lap 2	9.00	56:37	6:17	7	19:01	63	19:01	9.50	59:53	6:18	7	20:16	63	20:16
Last lap Finish	3.00	24:29	8:09	7	8:14	58	8:14	12.50	1:24:22	6:44	7	28:30	64	28:30