



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

RICHTER, Stefanie

Club: Salza Gymnasium
Number: 137

Course: 12.50 km
12,5 km -Lauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 1:07:14

Speed: 11.16 km/h
Running performance: 5:23 min/km

Rank in course/Total: 131 (of 267)

Rank in course/Women: 21 (of 71)

Best time in course: 55:52

Rank in category: 3(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	2:14	4:28	2	0:13	11	0:16	0.50	2:14	4:28	2	0:13	11	0:16
Lap 2	9.00	45:41	5:04	3	8:05	28	8:05	9.50	47:55	5:02	3	8:18	23	8:18
Last lap Finish	3.00	19:19	6:26	2	3:04	15	3:04	12.50	1:07:14	5:22	3	11:22	21	11:22