



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

FIEDLER, Manuela

Club: Salza Gymnasium
Number: 143

Course: 12.50 km
12,5 km -Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 1:18:47

Speed: 9.14 km/h
Running performance: 6:18 min/km

Rank in course/Total: 235 (of 267)

Rank in course/Women: 56 (of 71)

Best time in course: 55:52

Rank in category: 11(of 14)

Best time in the category: 1:04:37

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	2:50	5:40	7	0:33	44	0:52	0.50	2:50	5:40	7	0:33	44	0:52
Lap 2	9.00	52:08	5:47	11	8:59	56	14:32	9.50	54:58	5:47	11	9:32	56	15:21
Last lap Finish	3.00	23:49	7:56	12	4:38	56	7:34	12.50	1:18:47	6:18	11	14:10	56	22:55