



3Türmelauf  
Bad Langensalza / 22.04.2018

Detailed evaluation

POTJE, Annett

Club: Frankfurt am Main  
Number: 1047

Course: 5.00 km  
5 km - Lauf

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 25:24

Speed: 11.81 km/h  
Running performance: 5:05 min/km

Rank in course/Total: 43 (of 232)  
Rank in course/Women: 10 (of 96)  
Best time in course: 20:57

Rank in category: 1(of 13)  
Best time in the category: 25:24

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	2:12	4:24	1	-	10	0:27	0.50	2:12	4:24	1	-	10	0:27
Lap 2	4.00	20:43	5:10	1	-	10	3:34	4.50	22:55	5:05	1	-	9	3:58
Last lap Finish	0.50	2:29	4:58	1	-	14	0:29	5.00	25:24	5:04	1	-	10	4:27