



Winterlaufserie 2012, 3. Lauf
Creuzburg / 25.03.2012

Detailed evaluation

Lämmerhirt, Silke

Club: Eisenach
Number: 530

Course: 11.30 km
Langdistanz

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 57:27

Speed: 11.80 km/h
Running performance: 5:05 min/km

Rank in course/Total: 49 (of 68)
Rank in course/Women: 5 (of 14)
Best time in course: 52:40

Rank in category: 3(of 4)
Best time in the category: 52:40