



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: 11.49 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