



10. Kanonenbahnlauf  
Lengenfeld unterm Stein / 23.06.2012

Detailed evaluation

Krumbholz, Ulrike

Club: JNR - Jenaer Nordrunners  
Number: 31

Course: 16.00 km  
Kanonenbahnlauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 1:30:15

Speed: 10.64 km/h  
Running performance: 5:38 min/km

Rank in course/Total: 57 (of 79)

Rank in course/Women: 3 (of 8)

Best time in course: 1:22:26

Rank in category: 1(of 4)

Best time in the category: 1:30:15