



10. Kanonenbahnlauf  
Lengenfeld unterm Stein / 23.06.2012

Detailed evaluation

Schlichting, Helga

Club: Lengenfeld unterm Stein  
Number: 23

Course: 16.00 km  
Kanonenbahnlauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 1:51:03

Speed: 8.64 km/h  
Running performance: 6:56 min/km

Rank in course/Total: 77 (of 79)

Rank in course/Women: 8 (of 8)

Best time in course: 1:22:26

Rank in category: 4(of 4)

Best time in the category: 1:30:15