



10. Kanonenbahnlauf  
Lengenfeld unterm Stein / 23.06.2012

Detailed evaluation

Tiffert, Nadine

Club: Diedorf  
Number: 163

Course: 7.00 km  
Kleiner Kanonenbahnlauf

Category:  
Seniorinnen W30 (30-34 Jahre)

Total time: 37:54

Speed: 11.08 km/h  
Running performance: 5:25 min/km

Rank in course/Total: 38 (of 64)  
Rank in course/Women: 4 (of 20)  
Best time in course: 31:16

Rank in category: 1(of 1)  
Best time in the category: 37:54