



10. Kanonenbahnlauf  
Lengenfeld unterm Stein / 23.06.2012

Detailed evaluation

Rudolph, Astrid

Club: SV1899 Mühlhausen  
Number: 109

Course: 7.00 km  
Kleiner Kanonenbahnlauf

Category:  
Seniorinnen W50 (50-54 Jahre)

Total time: 38:18

Speed: 10.97 km/h  
Running performance: 5:28 min/km

Rank in course/Total: 41 (of 64)  
Rank in course/Women: 6 (of 20)  
Best time in course: 31:16

Rank in category: 1(of 2)  
Best time in the category: 38:18