



33. Wartburglauf  
Eisenach / 23.09.2012

## Detailed evaluation

Lämmerhirt, Silke

Club: Eisenach  
Number: 210

Course: 12.50 km  
Hauptlauf

Category:  
Frauen W45

Total time: 1:06:41

Speed: 10.80 km/h  
Running performance: 5:20 min/km

Rank in course/Total: 130 (of 215)

Rank in course/Women: 26 (of 57)

Best time in course: 55:08

Rank in category: 9(of 20)

Best time in the category: 59:37