



Winterlaufserie des ELV 2013
Creuzburg / 24.03.2013

Detailed evaluation

Temmler, Silke

Club: SV Normania Treffurt
Number: 783

Course: 11.30 km
3. Lauf Langdistanz

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 1:00:21

Speed: 10.94 km/h
Running performance: 5:20 min/km

Rank in course/Total: 44 (of 57)
Rank in course/Women: 8 (of 14)
Best time in course: 47:50

Rank in category: 3(of 3)
Best time in the category: 51:46