



## 3Türmelauf

Bad Langensalza / 21.04.2013

### Detailed evaluation

Lempke, Linda

Club: Bad Langensalza

Number: 108

Course: 12.50 km

12,5 km-Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 58:33

Speed: 12.81 km/h

Running performance: 4:41 min/km

Rank in course/Total: 33 (of 148)

Rank in course/Women: 1 (of 34)

Best time in course: 58:33

Rank in category: 1(of 7)

Best time in the category: 58:33