



3Türmelauf  
Bad Langensalza / 21.04.2013

## Detailed evaluation

**Krieghoff, Luise**

Club: USV Erfurt  
Number: 135

Course: 12.50 km  
12,5 km-Lauf

Category:  
Frauen (20-29 Jahre)

Total time: 1:00:21

Speed: 11.93 km/h  
Running performance: 4:50 min/km

Rank in course/Total: 43 (of 148)

Rank in course/Women: 3 (of 34)

Best time in course: 58:33

Rank in category: 1(of 7)

Best time in the category: 1:00:21