



3Türmelauf
Bad Langensalza / 21.04.2013

Detailed evaluation

Schmitz, Karola

Club: Niederdorla
Number: 162

Course: 12.50 km
12,5 km-Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 1:08:10

Speed: 11.00 km/h
Running performance: 5:27 min/km

Rank in course/Total: 93 (of 148)

Rank in course/Women: 9 (of 34)

Best time in course: 58:33

Rank in category: 2(of 5)

Best time in the category: 1:02:42