



3Türmelauf
Bad Langensalza / 21.04.2013

Detailed evaluation

Technau, Sylvia

Club: Thamsbrück
Number: 120

Course: 12.50 km
12,5 km-Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 1:08:32

Speed: 10.51 km/h
Running performance: 5:29 min/km

Rank in course/Total: 99 (of 148)

Rank in course/Women: 10 (of 34)

Best time in course: 58:33

Rank in category: 2(of 7)

Best time in the category: 1:07:58