



3Türmelauf
Bad Langensalza / 21.04.2013

Detailed evaluation

Ziaja, Elisa

Club: Erfurt
Number: 165

Course: 12.50 km
12,5 km-Lauf

Category:
Frauen (20-29 Jahre)

Total time: 1:09:31

Speed: 10.36 km/h
Running performance: 5:34 min/km

Rank in course/Total: 108 (of 148)

Rank in course/Women: 13 (of 34)

Best time in course: 58:33

Rank in category: 2(of 7)

Best time in the category: 1:00:21