



3Türmelauf  
Bad Langensalza / 21.04.2013

Detailed evaluation

Wand, Ulrike

Club: Hufeland Laufgruppe  
Number: 122

Course: 12.50 km  
12,5 km-Lauf

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 1:12:29

Speed: 9.93 km/h  
Running performance: 5:48 min/km

Rank in course/Total: 115 (of 148)

Rank in course/Women: 17 (of 34)

Best time in course: 58:33

Rank in category: 5(of 7)

Best time in the category: 1:07:58