



3Türmelauf
Bad Langensalza / 21.04.2013

Detailed evaluation

Krieghoff, Karola

Club: Rennsteiglaufverein
Number: 130

Course: 12.50 km
12,5 km-Lauf

Category:
Seniorinnen W55 (55-59 Jahre)

Total time: 1:12:47

Speed: 9.89 km/h
Running performance: 5:49 min/km

Rank in course/Total: 117 (of 148)

Rank in course/Women: 18 (of 34)

Best time in course: 58:33

Rank in category: 1(of 1)

Best time in the category: 1:12:47