



## 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: 10.30 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