



3Türmelauf
Bad Langensalza / 21.04.2013

Detailed evaluation

Heuck, Birgit

Club: Kirchheilingen
Number: 245

Course: 5.00 km
5 km-Lauf

Category:
Seniorinnen W55 (55-59 Jahre)

Total time: 30:40

Speed: 9.78 km/h
Running performance: 6:08 min/km

Rank in course/Total: 33 (of 61)
Rank in course/Women: 10 (of 27)
Best time in course: 24:40

Rank in category: 1(of 1)
Best time in the category: 30:40