



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