



3Türmelauf

Bad Langensalza / 21.04.2013

Detailed evaluation

Seeber, Rita

Club: AWO Familienzentrum

Number: 126

Course: 12.50 km

12,5 km-Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:19:15

Speed: 9.09 km/h

Running performance: 6:20 min/km

Rank in course/Total: 137 (of 148)

Rank in course/Women: 26 (of 34)

Best time in course: 58:33

Rank in category: 4(of 5)

Best time in the category: 1:02:42