



3Türmelauf

Bad Langensalza / 21.04.2013

Detailed evaluation

Schlüter-John, Manuela

Total time: 1:20:35

Club: Laufteam Hebammenpraxis Lebensflämmchen

Speed: 8.93 km/h

Number: 125

Running performance: 6:27 min/km

Course: 12.50 km

Rank in course/Total: 138 (of 148)

12,5 km-Lauf

Rank in course/Women: 27 (of 34)

Best time in course: 58:33

Category:

Rank in category: 5(of 5)

Seniorinnen W45 (45-49 Jahre)

Best time in the category: 1:02:42