



3Türmelauf
Bad Langensalza / 21.04.2013

Detailed evaluation

Nachsel, Daniela

Club: Yogaslow
Number: 109

Course: 12.50 km
12,5 km-Lauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 1:34:27

Speed: 7.62 km/h
Running performance: 7:34 min/km

Rank in course/Total: 148 (of 148)

Rank in course/Women: 34 (of 34)

Best time in course: 58:33

Rank in category: 7(of 7)

Best time in the category: 58:33