



Dorflauf Helmscheid  
Korbach-Helmscheid / 08.06.2013

## Detailed evaluation

**Lückel, Regina**

Club: TSV Wirmighausen  
Number: 226

Course: 4.70 km  
4,7 km Kurzlauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 53:11

Speed: 4.51 km/h  
Running performance: 11:19 min/km

Rank in course/Total: 22 (of 22)  
Rank in course/Women: 12 (of 12)  
Best time in course: 27:27

Rank in category: 1(of 1)  
Best time in the category: 53:11