



11. Kanonenbahnlauf  
Lengenfeld unterm Stein / 15.06.2013

Detailed evaluation

Richter, Astrid

Club: Eisenach  
Number: 290

Course: 7.00 km  
Kleiner Kanonenbahnlauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 51:09

Speed: 8.21 km/h  
Running performance: 7:19 min/km

Rank in course/Total: 76 (of 78)  
Rank in course/Women: 19 (of 19)  
Best time in course: 31:10

Rank in category: 1(of 1)  
Best time in the category: 51:09