



11. Kanonenbahnlauf  
Lengenfeld unterm Stein / 15.06.2013

Detailed evaluation

Krumbholz, Ulrike

Club: Jenaer Nordrunner  
Number: 187

Course: 16.00 km  
Kanonenbahnlauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 1:34:20

Speed: 10.18 km/h  
Running performance: 5:54 min/km

Rank in course/Total: 64 (of 83)  
Rank in course/Women: 3 (of 10)  
Best time in course: 1:20:38

Rank in category: 3(of 6)  
Best time in the category: 1:20:38