



11. Kanonenbahnlauf
Lengenfeld unterm Stein / 15.06.2013

Detailed evaluation

Schlichting, Helga

Club: Lengenfeld unterm Stein
Number: 269

Course: 16.00 km
Kanonenbahnlauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 1:48:32

Speed: 8.85 km/h
Running performance: 6:47 min/km

Rank in course/Total: 77 (of 83)
Rank in course/Women: 7 (of 10)
Best time in course: 1:20:38

Rank in category: 5(of 6)
Best time in the category: 1:20:38