



3Türmelauf 2014  
Bad Langensalza / 27.04.2014

Detailed evaluation

Seeber, Rita

Club: awo familienzentrum  
Number: 110

Course: 12.50 km  
12,5 km-Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 1:12:20

Speed: 10.37 km/h  
Running performance: 5:47 min/km

Rank in course/Total: 122 (of 156)

Rank in course/Women: 29 (of 47)

Best time in course: 57:38

Rank in category: 3(of 6)

Best time in the category: 1:02:59