



3Türmelauf 2014  
Bad Langensalza / 27.04.2014

Detailed evaluation

Lingrön, Yvonne

Club: sv-empor  
Number: 67

Course: 12.50 km  
12,5 km-Lauf

Category:  
Frauen (20-29 Jahre)

Total time: 1:16:35

Speed: 9.79 km/h  
Running performance: 6:08 min/km

Rank in course/Total: 132 (of 156)

Rank in course/Women: 34 (of 47)

Best time in course: 57:38

Rank in category: 7(of 9)

Best time in the category: 59:28