



3Türmelauf 2014
Bad Langensalza / 27.04.2014

Detailed evaluation

Nachsel, Daniela

Club: Yogaslow
Number: 78

Course: 12.50 km
12,5 km-Lauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 1:26:46

Speed: 8.30 km/h
Running performance: 6:56 min/km

Rank in course/Total: 150 (of 156)

Rank in course/Women: 43 (of 47)

Best time in course: 57:38

Rank in category: 6(of 7)

Best time in the category: 57:38