



3Türmelauf

Bad Langensalza / 19.04.2015

Detailed evaluation

Lempke, Linda

Club: Fat Fighters

Number: 74

Course: 12.50 km

12,5 km -Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 55:24

Speed: 13.00 km/h

Running performance: 4:26 min/km

Rank in course/Total: 23 (of 193)

Rank in course/Women: 2 (of 51)

Best time in course: 53:49

Rank in category: 1(of 7)

Best time in the category: 55:24