



3Türmelauf

Bad Langensalza / 19.04.2015

Detailed evaluation

Knothe, Simone

Club: BSG Sparkasse Unstrut-Hainich e.V.
Number: 59

Course: 12.50 km
12,5 km -Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 1:00:44

Speed: 11.86 km/h

Running performance: 4:52 min/km

Rank in course/Total: 53 (of 193)

Rank in course/Women: 6 (of 51)

Best time in course: 53:49

Rank in category: 1(of 8)

Best time in the category: 1:00:44