



## 3Türmelauf

Bad Langensalza / 19.04.2015

### Detailed evaluation

Ose, Elke

Club: Laufgruppe Hufeland Klinikum GmbH

Number: 91

Course: 12.50 km

12,5 km -Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:07:16

Speed: 10.70 km/h

Running performance: 5:23 min/km

Rank in course/Total: 106 (of 193)

Rank in course/Women: 14 (of 51)

Best time in course: 53:49

Rank in category: 3(of 11)

Best time in the category: 1:00:03