



3Türmelauf
Bad Langensalza / 19.04.2015

Detailed evaluation

Herwig, Sandra

Club: Laufgruppe Hufeland Klinikum GmbH
Number: 48

Course: 12.50 km
12,5 km -Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 1:09:11

Speed: 10.41 km/h
Running performance: 5:32 min/km

Rank in course/Total: 128 (of 193)

Rank in course/Women: 19 (of 51)

Best time in course: 53:49

Rank in category: 5(of 8)

Best time in the category: 1:00:44