



3Türmelauf

Bad Langensalza / 19.04.2015

Detailed evaluation

Pfannstiel, Anke

Club: Thamsbrück

Number: 165

Course: 12.50 km

12,5 km -Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 1:10:46

Speed: 10.17 km/h

Running performance: 5:40 min/km

Rank in course/Total: 142 (of 193)

Rank in course/Women: 25 (of 51)

Best time in course: 53:49

Rank in category: 4(of 7)

Best time in the category: 55:24