



3Türmelauf
Bad Langensalza / 19.04.2015

Detailed evaluation

Krieghoff, Karola

Club: GMRV
Number: 66

Course: 12.50 km
12,5 km -Lauf

Category:
Seniorinnen W60 (60-64 Jahre)

Total time: 1:13:37

Speed: 9.78 km/h
Running performance: 5:53 min/km

Rank in course/Total: 160 (of 193)

Rank in course/Women: 32 (of 51)

Best time in course: 53:49

Rank in category: 1(of 2)

Best time in the category: 1:13:37