



3Türmelauf

Bad Langensalza / 19.04.2015

Detailed evaluation

Puderbach, Heidrun

Club: Bad Langensalza

Number: 207

Course: 12.50 km

12,5 km -Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 1:16:01

Speed: 9.47 km/h

Running performance: 6:05 min/km

Rank in course/Total: 167 (of 193)

Rank in course/Women: 36 (of 51)

Best time in course: 53:49

Rank in category: 8(of 8)

Best time in the category: 1:00:44