



3Türmelauf
Bad Langensalza / 19.04.2015

Detailed evaluation

Steger, Susanne

Club: Heidelberg
Number: 182

Course: 12.50 km
12,5 km -Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 1:24:00

Speed: 8.57 km/h
Running performance: 6:43 min/km

Rank in course/Total: 191 (of 193)

Rank in course/Women: 51 (of 51)

Best time in course: 53:49

Rank in category: 11(of 11)

Best time in the category: 1:00:03