



13. Kanonenbahnlauf  
Lengenfeld unterm Stein / 27.06.2015

Detailed evaluation

Armstroff, Silke

Club: Mühlhausen  
Number: 659

Course: 7.00 km  
Kleiner Kanonenbahnlauf

Category:  
Seniorinnen W35 (35-39 Jahre)

Total time: 33:20

Speed: 12.60 km/h  
Running performance: 4:46 min/km

Rank in course/Total: 28 (of 56)  
Rank in course/Women: 3 (of 16)  
Best time in course: 32:20

Rank in category: 2(of 3)  
Best time in the category: 32:50