



3Türmelauf

Bad Langensalza / 24.04.2016

Detailed evaluation

Ose, Elke

Club: Laufgruppe Hufeland Klinikum GmbH

Number: 1154

Course: 12.50 km

12,5 km -Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:09:01

Speed: 10.43 km/h

Running performance: 5:31 min/km

Rank in course/Total: 122 (of 188)

Rank in course/Women: 17 (of 50)

Best time in course: 55:38

Rank in category: 3(of 9)

Best time in the category: 57:55