



## 3Türmelauf

Bad Langensalza / 24.04.2016

### Detailed evaluation

Krieghoff, Karola

Club: GMRV

Number: 1238

Course: 12.50 km

12,5 km -Lauf

Category:

Seniorinnen W60 (60-64 Jahre)

Total time: 1:13:36

Speed: 9.78 km/h

Running performance: 5:53 min/km

Rank in course/Total: 156 (of 188)

Rank in course/Women: 31 (of 50)

Best time in course: 55:38

Rank in category: 1(of 2)

Best time in the category: 1:13:36