



14. Kanonenbahnlauf
Lengenfeld unterm Stein / 25.06.2016

Detailed evaluation

Helbing, Sabine

Club: Nordhausen
Number: 583

Course: 16.00 km
Kanonenbahnlauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 1:45:57

Speed: 9.06 km/h
Running performance: 6:37 min/km

Rank in course/Total: 41 (of 53)
Rank in course/Women: 6 (of 11)
Best time in course: 1:24:54

Rank in category: 3(of 4)
Best time in the category: 1:24:54