



14. Kanonenbahnlauf  
Lengenfeld unterm Stein / 25.06.2016

Detailed evaluation

**Rudolph, Astrid**

Club: SV 1899 Mühlhausen  
Number: 546

Course: 7.00 km  
Kleiner Kanonenbahnlauf

Category:  
Seniorinnen W55 (55-59 Jahre)

Total time: 37:47

Speed: 11.12 km/h  
Running performance: 5:24 min/km

Rank in course/Total: 41 (of 52)  
Rank in course/Women: 9 (of 14)  
Best time in course: 30:41

Rank in category: 2(of 2)  
Best time in the category: 34:02