



36. Silberberglauf
Möhrenbach/ Thüringen / 14.05.2016

Detailed evaluation

Lapczyna, Henriette

Club: Ilmenau
Number: 757

Course: 18.00 km
Großer Lauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 2:09:40

Speed: 8.33 km/h
Running performance: 7:12 min/km

Rank in course/Total: 48 (of 48)

Rank in course/Women: 8 (of 8)

Best time in course: 1:28:30

Rank in category: 1(of 1)

Best time in the category: 2:09:40