



3Türmelauf

Bad Langensalza / 30.04.2017

Detailed evaluation

Erkenberg, Ilona

Club: Tottleben

Number: 1259

Course: 5.00 km

5 km - Lauf

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 39:36

Speed: 7.58 km/h

Running performance: 7:55 min/km

Rank in course/Total: 240 (of 251)

Rank in course/Women: 104 (of 110)

Best time in course: 22:01

Rank in category: 2(of 2)

Best time in the category: 32:56