



3Türmelauf
Bad Langensalza / 30.04.2017

Detailed evaluation

FRITZLAR, Heike

Club: Mühlhäuser Röblinglauf e.V.
Number: 1741

Course: 12.50 km
12,5 km -Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 1:05:12

Speed: 11.04 km/h
Running performance: 5:13 min/km

Rank in course/Total: 133 (of 246)

Rank in course/Women: 15 (of 56)

Best time in course: 52:30

Rank in category: 3(of 7)

Best time in the category: 59:20