



3Türmelauf

Bad Langensalza / 30.04.2017

Detailed evaluation

LIPPOLD, Yvonne

Club: höngedarunner

Number: 1804

Course: 12.50 km

12,5 km -Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 1:06:39

Speed: 11.25 km/h

Running performance: 5:20 min/km

Rank in course/Total: 147 (of 246)

Rank in course/Women: 18 (of 56)

Best time in course: 52:30

Rank in category: 2(of 7)

Best time in the category: 1:00:23