



3Türmelauf

Bad Langensalza / 30.04.2017

Detailed evaluation

LORENZ, Heike

Club: AWO

Number: 1805

Course: 12.50 km

12,5 km -Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:13:41

Speed: 9.77 km/h

Running performance: 5:53 min/km

Rank in course/Total: 201 (of 246)

Rank in course/Women: 37 (of 56)

Best time in course: 52:30

Rank in category: 6(of 9)

Best time in the category: 1:07:38