



3Türmelauf

Bad Langensalza / 14.04.2019

Detailed evaluation

Krieghoff, Luise

Club: VR Bank / SC Impuls Erfurt

Number: 160

Course: 12.50 km

12,5 km -Lauf

Category:

Frauen (20-29 Jahre)

Total time: 55:46

Speed: 12.91 km/h

Running performance: 4:28 min/km

Rank in course/Total: 39 (of 211)

Rank in course/Women: 4 (of 55)

Best time in course: 52:50

Rank in category: 1(of 8)

Best time in the category: 55:46