



3Türmelauf

Bad Langensalza / 14.04.2019

Detailed evaluation

Knothe, Simone

Club: Laufiebe Reichenbach

Number: 222

Course: 12.50 km

12,5 km -Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:01:34

Speed: 11.69 km/h

Running performance: 4:56 min/km

Rank in course/Total: 83 (of 211)

Rank in course/Women: 10 (of 55)

Best time in course: 52:50

Rank in category: 2(of 8)

Best time in the category: 1:00:48