



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Ludwig, Pia

Club: VR Bank Westthüringen eG
Number: 166

Course: 12.50 km
12,5 km -Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 1:04:50

Speed: 11.11 km/h
Running performance: 5:11 min/km

Rank in course/Total: 119 (of 211)

Rank in course/Women: 18 (of 55)

Best time in course: 52:50

Rank in category: 3(of 5)

Best time in the category: 1:00:55