



## 3Türmelauf

Bad Langensalza / 14.04.2019

### Detailed evaluation

**Seeber, Manuela**

Club: SWL-ENERGIE-TEAM

Number: 151

Course: 12.50 km

12,5 km -Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 1:05:00

Speed: 11.54 km/h

Running performance: 5:12 min/km

Rank in course/Total: 123 (of 211)

Rank in course/Women: 20 (of 55)

Best time in course: 52:50

Rank in category: 4(of 5)

Best time in the category: 1:00:55