



## 3Türmelauf

Bad Langensalza / 14.04.2019

### Detailed evaluation

**Harder, Yvonne**

Club: Bad Langensalza

Number: 19

Course: 12.50 km

12,5 km -Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 1:06:21

Speed: 10.85 km/h

Running performance: 5:19 min/km

Rank in course/Total: 137 (of 211)

Rank in course/Women: 23 (of 55)

Best time in course: 52:50

Rank in category: 5(of 5)

Best time in the category: 1:00:55