



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Nolte, Luisa

Club: Ilvers Musikbar
Number: 211

Course: 12.50 km
12,5 km -Lauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 1:06:49

Speed: 10.78 km/h
Running performance: 5:21 min/km

Rank in course/Total: 138 (of 211)

Rank in course/Women: 24 (of 55)

Best time in course: 52:50

Rank in category: 3(of 8)

Best time in the category: 1:03:08