



## 3Türmelauf

Bad Langensalza / 14.04.2019

### Detailed evaluation

Laß, Silke

Club: Connected Runners Weimar

Number: 74

Course: 12.50 km

12,5 km -Lauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 1:07:58

Speed: 10.59 km/h

Running performance: 5:26 min/km

Rank in course/Total: 150 (of 211)

Rank in course/Women: 28 (of 55)

Best time in course: 52:50

Rank in category: 5(of 7)

Best time in the category: 58:30