



## 3Türmelauf

Bad Langensalza / 14.04.2019

### Detailed evaluation

**Bärwolf, Silvia**

Club: AK 55 Laufftreff Breitungen

Number: 69

Course: 12.50 km

12,5 km -Lauf

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 1:08:10

Speed: 11.00 km/h

Running performance: 5:27 min/km

Rank in course/Total: 151 (of 211)

Rank in course/Women: 29 (of 55)

Best time in course: 52:50

Rank in category: 3(of 5)

Best time in the category: 52:50