



3Türmelauf

Bad Langensalza / 14.04.2019

Detailed evaluation

Rothkegel, Ilona

Club: Erfurt

Number: 44

Course: 12.50 km

12,5 km -Lauf

Category:

Seniorinnen W70 (70-74 Jahre)

Total time: 1:08:45

Speed: 10.91 km/h

Running performance: 5:30 min/km

Rank in course/Total: 155 (of 211)

Rank in course/Women: 32 (of 55)

Best time in course: 52:50

Rank in category: 1(of 1)

Best time in the category: 1:08:45