



3Türmelauf

Bad Langensalza / 14.04.2019

Detailed evaluation

Lorenz, Heike

Club: Bad Langensalza

Number: 33

Course: 12.50 km

12,5 km -Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:16:09

Speed: 9.85 km/h

Running performance: 6:05 min/km

Rank in course/Total: 187 (of 211)

Rank in course/Women: 44 (of 55)

Best time in course: 52:50

Rank in category: 6(of 8)

Best time in the category: 1:00:48