



3Türmelauf

Bad Langensalza / 14.04.2019

Detailed evaluation

Kriegel, Martina

Club: Siemerode

Number: 230

Course: 12.50 km

12,5 km -Lauf

Category:

Seniorinnen W60 (60-64 Jahre)

Total time: 1:18:29

Speed: 9.17 km/h

Running performance: 6:17 min/km

Rank in course/Total: 195 (of 211)

Rank in course/Women: 49 (of 55)

Best time in course: 52:50

Rank in category: 2(of 2)

Best time in the category: 1:17:38