



## 3Türmelauf

Bad Langensalza / 14.04.2019

### Detailed evaluation

Lippold, Yvonne

Club: VR Bank Westthüringen eG

Number: 165

Course: 12.50 km

12,5 km -Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 1:26:42

Speed: 8.65 km/h

Running performance: 6:56 min/km

Rank in course/Total: 208 (of 211)

Rank in course/Women: 54 (of 55)

Best time in course: 52:50

Rank in category: 8(of 8)

Best time in the category: 1:03:08