



3Türmelauf
Bad Langensalza / 21.04.2013

Detailed evaluation

Schuchardt, Heike

Club: Schönstedt
Number: 244

Course: 5.00 km
5 km-Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 28:45

Speed: 10.43 km/h
Running performance: 5:45 min/km

Rank in course/Total: 28 (of 61)
Rank in course/Women: 8 (of 27)
Best time in course: 24:40

Rank in category: 1(of 3)
Best time in the category: 28:45