



3Türmelauf

Bad Langensalza / 21.04.2013

Detailed evaluation

Mörstedt, Sabrina

Club: LSV Neunheilingen

Number: 254

Course: 5.00 km

5 km-Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 30:43

Speed: 9.77 km/h

Running performance: 6:08 min/km

Rank in course/Total: 35 (of 61)

Rank in course/Women: 12 (of 27)

Best time in course: 24:40

Rank in category: 1(of 3)

Best time in the category: 30:43