



3Türmelauf
Bad Langensalza / 21.04.2013

Detailed evaluation

Spieß, Sabrina

Club: Bad Langensalza
Number: 250

Course: 5.00 km
5 km-Lauf

Category:
Frauen (20-29 Jahre)

Total time: 30:46

Speed: 9.75 km/h
Running performance: 6:09 min/km

Rank in course/Total: 36 (of 61)
Rank in course/Women: 13 (of 27)
Best time in course: 24:40

Rank in category: 2(of 5)
Best time in the category: 24:40