



3Türmelauf  
Bad Langensalza / 21.04.2013

## Detailed evaluation

Schichlein, Karina

Club: Bad Langensalza  
Number: 246

Course: 5.00 km  
5 km-Lauf

Category:  
Seniorinnen W50 (50-54 Jahre)

Total time: 30:56

Speed: 9.70 km/h  
Running performance: 6:11 min/km

Rank in course/Total: 38 (of 61)  
Rank in course/Women: 14 (of 27)  
Best time in course: 24:40

Rank in category: 1(of 1)  
Best time in the category: 30:56