



3Türmelauf 2014  
Bad Langensalza / 27.04.2014

## Detailed evaluation

Schuchardt, Heike

Club: Schönstedt  
Number: 578

Course: 5.00 km  
5 km-Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 25:35

Speed: 11.73 km/h  
Running performance: 5:07 min/km

Rank in course/Total: 47 (of 105)

Rank in course/Women: 5 (of 34)

Best time in course: 24:17

Rank in category: 1(of 2)

Best time in the category: 25:35