



3Türmelauf 2014
Bad Langensalza / 27.04.2014

Detailed evaluation

Helbing, Claudia

Club: Mühlhausen
Number: 623

Course: 5.00 km
5 km-Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 28:17

Speed: 10.61 km/h
Running performance: 5:40 min/km

Rank in course/Total: 77 (of 105)
Rank in course/Women: 17 (of 34)
Best time in course: 24:17

Rank in category: 2(of 4)
Best time in the category: 28:05