



3Türmelauf 2014  
Bad Langensalza / 27.04.2014

Detailed evaluation

Ströde, Helene

Club: Bad Langensalza  
Number: 1123

Course: 1.00 km  
Schülerlauf

Category:  
weibliche Kinder U10 (8-9 Jahre)

Total time: 7:30

Speed: 8.00 km/h  
Running performance: 7:30 min/km

Rank in course/Total: 91 (of 100)

Rank in course/Women: 41 (of 41)

Best time in course: 3:41

Rank in category: 11(of 14)

Best time in the category: 5:13