



3Türmelauf 2014
Bad Langensalza / 27.04.2014

Detailed evaluation

Technau, Sylvia

Club: Thamsbrück
Number: 114

Course: 12.50 km
12,5 km-Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 1:08:23

Speed: 10.53 km/h
Running performance: 5:28 min/km

Rank in course/Total: 100 (of 156)

Rank in course/Women: 19 (of 47)

Best time in course: 57:38

Rank in category: 4(of 10)

Best time in the category: 1:01:38