



3Türmelauf
Bad Langensalza / 19.04.2015

Detailed evaluation

Waszak, Natascha

Club: Jena
Number: 178

Course: 5.00 km
5 km - Lauf

Category:
Frauen (20-29 Jahre)

Total time: 24:13

Speed: 12.39 km/h
Running performance: 4:50 min/km

Rank in course/Total: 24 (of 227)

Rank in course/Women: 3 (of 103)

Best time in course: 20:41

Rank in category: 1(of 9)

Best time in the category: 24:13