



3Türmelauf
Bad Langensalza / 19.04.2015

Detailed evaluation

Seehof, Manuela

Club: Thamsbrück
Number: 264

Course: 5.00 km
5 km - Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 27:25

Speed: 10.94 km/h
Running performance: 5:29 min/km

Rank in course/Total: 74 (of 227)

Rank in course/Women: 14 (of 103)

Best time in course: 20:41

Rank in category: 2(of 10)

Best time in the category: 25:57