



3Türmelauf

Bad Langensalza / 19.04.2015

Detailed evaluation

Malsch, Beate

Club: 1. Karateverein Schmalkalden

Number: 111

Course: 5.00 km

5 km - Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 28:34

Speed: 10.50 km/h

Running performance: 5:43 min/km

Rank in course/Total: 100 (of 227)

Rank in course/Women: 26 (of 103)

Best time in course: 20:41

Rank in category: 1(of 2)

Best time in the category: 28:34