



## 3Türmelauf

Bad Langensalza / 19.04.2015

### Detailed evaluation

**Koch, Yasmin**

Club: Salza-Gymnasium

Number: 88

Course: 5.00 km

5 km - Lauf

Category:

weibliche Jugend U16 (14-15 Jahre)

Total time: 28:53

Speed: 10.39 km/h

Running performance: 5:47 min/km

Rank in course/Total: 110 (of 227)

Rank in course/Women: 30 (of 103)

Best time in course: 20:41

Rank in category: 6(of 14)

Best time in the category: 24:23