



3Türmelauf

Bad Langensalza / 19.04.2015

Detailed evaluation

Koch, Aileen

Club: Bad Langensalza

Number: 90

Course: 5.00 km

5 km - Lauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 30:11

Speed: 9.94 km/h

Running performance: 6:02 min/km

Rank in course/Total: 120 (of 227)

Rank in course/Women: 36 (of 103)

Best time in course: 20:41

Rank in category: 5(of 10)

Best time in the category: 25:57