



3Türmelauf  
Bad Langensalza / 19.04.2015

Detailed evaluation

Schirrmeister, Kerstin

Club: salzabiker  
Number: 151

Course: 5.00 km  
5 km - Lauf

Category:  
Seniorinnen W50 (50-54 Jahre)

Total time: 30:13

Speed: 9.93 km/h  
Running performance: 6:02 min/km

Rank in course/Total: 121 (of 227)

Rank in course/Women: 38 (of 103)

Best time in course: 20:41

Rank in category: 1(of 2)

Best time in the category: 30:13