



## 3Türmelauf

Bad Langensalza / 19.04.2015

### Detailed evaluation

**Kästner, Kerstin**

Club: SV Empor

Number: 213

Course: 5.00 km

5 km - Lauf

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 30:36

Speed: 9.80 km/h

Running performance: 6:07 min/km

Rank in course/Total: 136 (of 227)

Rank in course/Women: 44 (of 103)

Best time in course: 20:41

Rank in category: 1(of 2)

Best time in the category: 30:36