



3Türmelauf
Bad Langensalza / 19.04.2015

Detailed evaluation

Heuck, Birgit

Club: BSG Sparkasse Unstrut-Hainich e.V.
Number: 191

Course: 5.00 km
5 km - Lauf

Category:
Seniorinnen W55 (55-59 Jahre)

Total time: 31:30

Speed: 9.52 km/h
Running performance: 6:18 min/km

Rank in course/Total: 144 (of 227)

Rank in course/Women: 47 (of 103)

Best time in course: 20:41

Rank in category: 2(of 2)

Best time in the category: 30:36